



Lemon Chicken

Prep:	10 mins
Cook:	30 mins
Total:	40 minutes
Servings:	12 children

Ingredients

- 4 boneless chicken breasts (roughly 2.5 lbs)
- 1/4 cup olive oil
- 2 tsp dried oregano
- 2 tsp dried thyme
- 2 tsp garlic powder
- 1 tsp salt, divided into 2 equal amounts
- ½ tsp black pepper
- 1/2 cup alcohol free dry white wine
- 6 cloves garlic crushed
- Zest of 2 lemons
- Juice of 2 lemons
- 1 tbsp brown sugar
- 1 lemon, cut into 6 slices
- Coriander, chopped

Method

1. Heat the oven to 200° c
2. Pat the chicken breasts dry and place them in a baking dish
3. In a bowl, mix the olive oil, oregano, thyme, garlic powder, 1/2 teaspoon salt and pepper to create a thick marinade/paste. Coat the chicken breast with seasoning paste
4. Mix together the alcohol free white wine, garlic, lemon zest, lemon juice, sugar and remaining 1 teaspoon salt. Pour over chicken breast.
5. Bake for 15 minutes, baste the chicken with the pan juice
6. Nestle the lemon slices between the chicken and bake for another 15 minutes or until the internal temperature of the chicken reads 75°
7. Slice to serve and garnish with chopped corriander