

**Recipe:** Grilled Rosemary Lemon Chicken

Side dish

*Zesty lemon on grilled chicken, marinated with garlic, black pepper and rosemary.*

Preparation time: 30 minutes

Cooking time: 20 minutes

Serve: 10 portions

**Ingredients (Marinate):**

- 3 sprig fresh rosemary leaves
- 5 cloves garlic, minced
- Zest from 2 lemons
- 30 g fresh lemon juice
- 3 tablespoon of olive oil\*
- Pinch of salt
- Pinch of black pepper



**Ingredients (Chicken Breast):**

- 1.2 kg chicken breasts (skinless, boneless)
- 3 g salt
- 3 g black pepper
- 10 pieces lemon slices
- 2 sprig fresh rosemary leaves



\* Choose products with the Healthier Choice Symbol

**Nutrition Information**

**(Per serving): 100 g**

**Energy 109.8 kcal**

**Protein 13.9 g**

**Total fat 5.5 g**

**Saturated fat 0.9 g**

**Carbohydrates 0.9 g**

**Dietary fibre 0 g**

**Sodium 221.6 mg**

**Methods**

**To prepare the marinade**

1. Remove rosemary leaves from the 3 sprigs and chopped them.
2. Mix the chopped rosemary leaves together with the rest of the ingredients in a mixing bowl and set aside.

**To prepare the Chicken breast**

1. Preheat the griller to 180° C.
2. Place chicken breasts on a baking sheet lined with parchment paper.
3. Sprinkle salt and black pepper.
4. Pour marinade over chicken breasts and further roll the chicken breasts on the marinade to ensure an even spread.
5. Arrange the lemon slices and rosemary leaves from the 2 sprigs on top of the chicken breast.
6. Grill the chicken for about 15 – 20 mins.
7. Cut chicken breast into pieces of about 100 to 120g before serving.

Cost per serving \$1.00

**Tips:**

- For tastier meat, marinate the chicken breasts for 20 minutes to let the herb and garlic marinade absorb into the chicken before grilling. If you like the chicken to be less sour, reduce the fresh lemon juice by half.
- Place a tray below the griller to catch the drippings which can be used to baste the meat after cooking.
- Serve this item with salad and wholemeal pasta aglio olio to make a balanced main meal.