



Cook time: 20 mins

Serves: 10

Prep time: 30 mins

Grilled Rosemary Lemon Chicken

Ingredients

Marinade:

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

Chicken Breast:

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

*Choose products with the Healthier Choice Symbol.

Tips:

- For tastier meat, marinate the chicken breasts for 20 mins to allow the meat to absorb the herbs and garlic 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.

Method

Marinade:

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

Chicken Breast:

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

Nutrition Information (Per Serving):

Energy: 109.8kcal
Protein: 13.9g
Total fat: 5.5g
Saturated fat: 0.9g
Carbohydrates: 0.9g
Dietary Fibre: 0g
Sodium: 221.6mg