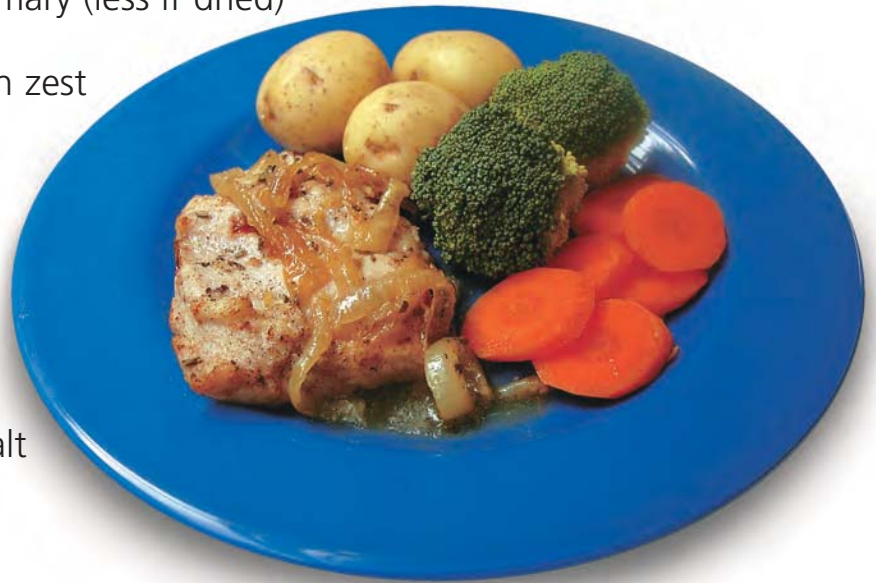


Rosemary & Lemon Chicken

- 24 Green Gourmet Chicken Breast Fillets
- 2 large onions - sliced
- 1 tsp finely chopped fresh rosemary (less if dried)
- 1 tsp very finely chopped lemon zest
- 1/2 tsp garlic granules
- 2 tsp lemon juice
- 1 tbsp vegetable oil
- 1 tbsp butter

Seasoning, black pepper and salt

ingredients



cooking instructions

- ❁ Put the vegetable oil and butter into a tin and place into pre-heated oven (180° C, gas 5) for 2-3 mins.
- ❁ Add the sliced onions, and return to oven for 10-15 mins until soft.
- ❁ Add the frozen chicken fillets, stir in the chopped rosemary, garlic granules, lemon zest, lemon juice, salt and pepper.
- ❁ Cook in oven with lid for 30-35 mins. Make sure dish is piping hot before serving.