

COMPLETE MEAL

Lemon Chicken

Slices of tender British chicken breast drizzled with lemon sauce and served with savoury rice and lightly cooked vegetables.

Makes 10 portions (177g/portion)

Ingredients

400g	Green Gourmet Butcher's Style Chicken Roast (GG Code - 7210)
200g	rice (dry weight)
100g	frozen peas
100g (2 small)	carrots
100g	sweetcorn
100g	black beans, canned, drained

Lemon sauce

20ml	lemon juice
450ml	vegetable stock
8g (2 tsp)	cornflour
3g (1 tblsp)	fresh parsley

Method

1. Cook the Green Gourmet Butcher's Style Chicken Roast as directed and slice to the appropriate thickness.
2. Make up the lemon sauce by mixing the lemon juice and water into the cornflour and then heating through until it thickens.
3. Cook the rice and very lightly cook all the vegetables until just soft.
4. Drain the rice and add the black beans.
5. Place the Green Gourmet Butcher's Style Chicken Roast slices accompanied by lemon sauce and savoury rice.

Serving Suggestions

Any leftovers from the end of the chicken roll can be used in the Coronation Chicken recipe.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
86.4	0.9	0.2	13.6	0.3	0.9
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
6.5	0.5	0.5	12.7	88.0	1.9
Folate (µg)	Sodium (mg)				
19.0	138.3				

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