

Lemon Chicken

- 500G CHICKEN BREASTS
- 4 LEMONS - JUICED
- 1 CUP CORNFLOUR
- 1 CUP OLIVE OR GRAPSEED OIL

- CUT THE CHICKEN BREAST INTO THIN STRIPS.
- PLACE IN A BOWL AND ADD LEMON JUICE. COVER AND ALLOW TO MARINATE IN THE FRIDGE FOR 2 HOURS.
- ADD THE CORNFLOUR AND STIR THOROUGHLY. THIS SHOULD CREATE A BATTER LIKE CONSISTENCY.
- HEAT THE OIL IN A SMALL, DEEP SAUCEPAN. ADD A FEW PIECES OF CHICKEN AND FRY FOR 4-5 MINUTES.
- REMOVE AND PLACE ON PAPER TOWEL OR OTHER ABSORBENT PAPER.
- GIVE THE OIL TIME TO REHEAT BEFORE REPEATING THE PROCESS.

NUTRITION INFORMATION

- 1.COMPLEX CARBOHYDRATE = CORNFLOUR
2. PROTEIN = CHICKEN
- 3.HEALTHY FAT = OLIVE OR GRAPE SEED OIL
- 4.MICRONUTRIENTS = LEMON

