

to healthier, happier you

Get ready to a zesty delicious
Creamy Lemon Chicken, perfect for meal prep!

It's creamy, it's zesty, and crispy, and so quick to make
Let's dive into the simple steps:

INGREDIENTS for 1 portion:

150g of cooked roasted potatoes (oven or air fryer)
175g of raw chicken or turkey breast / thigh
1/2 onion
2 garlic cloves
1 tsp of olive oil
rosemary qb
2 tsp of onion powder
2 tsp of rosemary
2 tsp of salt and black pepper (adjust if needed)
1 lemon juice and zest
1/2 cup of vegetable or chicken broth
1/2 cup of light cream
1 cup of milk of your choice
parsley to garnish

INSTRUCTIONS:

Start by roasting your potatoes in your oven or air fryer for 20 minutes at 200°C / 392° F. Add olive oil in a skillet or pot over high heat, add the chicken breast, the sliced lemon, season it with salt, black pepper, rosemary, onion powder, and grill until they are fully cooked for about 10-12 minutes, remove and reserve.

In the same skillet, reduce the heat to medium heat, add the minced garlic, chopped onion, rosemary and sauté until fragrant and onion is translucent, about 2-3 minutes.

Pour in the vegetable broth, light cream and milk, salt, lemon zest and lemon juice and stir well to combine all the ingredients. Let it cook for 5 minutes, allowing the flavors to meld together and the sauce to thicken slightly.

Remove the skillet from the heat and add the chicken, lemon, garnish with fresh parsley leaves. Serve the roasted potatoes over the Creamy Lemon Chicken and ENJOY!

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BY NICOLINA