

# ONE POT LEMON CHICKEN



## QUICK

10 mins prep time  
60 mins cooking  
time

## HEALTHY

Lemons are high in vitamin C,  
which has many health benefits,  
e.g it is necessary for the  
manufacture of collagen.

## FAMILY



Feeds 5

## MEALS

Serve with lots of  
colourful vegetables

## INGREDIENTS

- 1 chicken cut up into portions or 8 pieces chicken
- 6 medium potatoes – washed
- 2 medium onions
- 3 tbs oil
- 2 x tsp paprika
- 2 x tsp garlic granules/powder
- 3 lemons
- 100 ml water
- 1 frozen lemon – (if you have one)
- handful sage leaves (optional)
- Salt and pepper

## METHOD

- 1) Put your oven onto 180°C (Fan)
- 2) Slice the potatoes **thinly** and place in a large lidded pot with 100ml water
- 3) Slice the onions and place over the potatoes
- 4) Cover with 3 tbs oil and some salt and pepper
- 5) Grate over your frozen lemon (be generous) or the zest of 1 lemon
- 6) Add 1 tsp paprika and 1 tsp garlic granules
- 7) Season your chicken with salt and pepper on both sides & extra grated frozen lemon
- 8) Place the chicken pieces into the pot, on top of the onions
- 9) Add the juice of one lemon, then another 1 x tsp paprika and 1 x tsp garlic granules.
- 10) Cut 2 lemons in half and add them to the pot
- 11) Add a few sprigs of fresh sage (optional)
- 12) Put the lid on and cook in the oven (180°C for one hour)
- 13) To brown the chicken, place under a grill for an additional 10 minutes – keep an eye on it so it doesn't catch.
- 14) Sprinkle some extra sprigs of sage on the top (optional)



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To watch a video showing how this is made or to explore more  
Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)