

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 individual portions or 5-8 pieces chicken
- 4 medium potatoes – washed
- 2 medium onions
- 4 x tsp paprika
- 4 x tsp garlic granules
- 4 lemons
- 120 ml water
- 10 fresh sprigs thyme (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 120ml water and a few sprigs of thyme (optional)
- 3) Slice the onions and place over the potatoes
- 4) Add the juice and zest of 2 of your lemons, then season with S&P
- 5) Sprinkle with 2 tsp paprika and 2 tsp garlic granules
- 6) Place the chicken pieces into the pot, on top of the onions, then season with salt and pepper
- 7) Add the zest from the final 2 lemons then sprinkle over another 2 tsp paprika and 2 tsp garlic granules.
- 8) Cut the final 2 lemons in half and squeeze between the chicken pieces (serve them with the chicken, the flesh will be delicious)
- 9) Put the lid on and cook in the oven for 45 mins. Then remove the lid and cook for a final 15 mins to brown the chicken
- 10) Serve sprinkled with a few extra sprigs of fresh thyme



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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