



Lemony Summer Chicken

The essence of summer – light, fresh, zesty

4 chicken breasts or chicken fillets - free range or organic

Marinade

Zest 2 un-waxed lemons

2 tbs lemon juice

2 tsp fresh thyme leaves

2 tbs extra virgin olive oil

2 cloves garlic very finely chopped

¼ cup dry white wine

Few grindings black pepper

Put the chicken breasts in a shallow oven proof non metallic dish, mix all the marinade ingredients together and pour over the chicken. Cover and chill over night.

Topping

4 ozs fresh breadcrumbs

2 ozs freshly grated Parmesan cheese

2 tbs fine chopped parsley

Sprinkle the crumbs over the chicken breasts and grate a little more Parmesan over the top. Bake uncovered for aprox 20 mins at 180C until the chicken is cooked and topping a golden brown.

Allow to cool or go cold before serving. All this needs is a lovely green salad and freshly dug new potatoes. Cooks treat –the crusty bits from around the cooking dish.