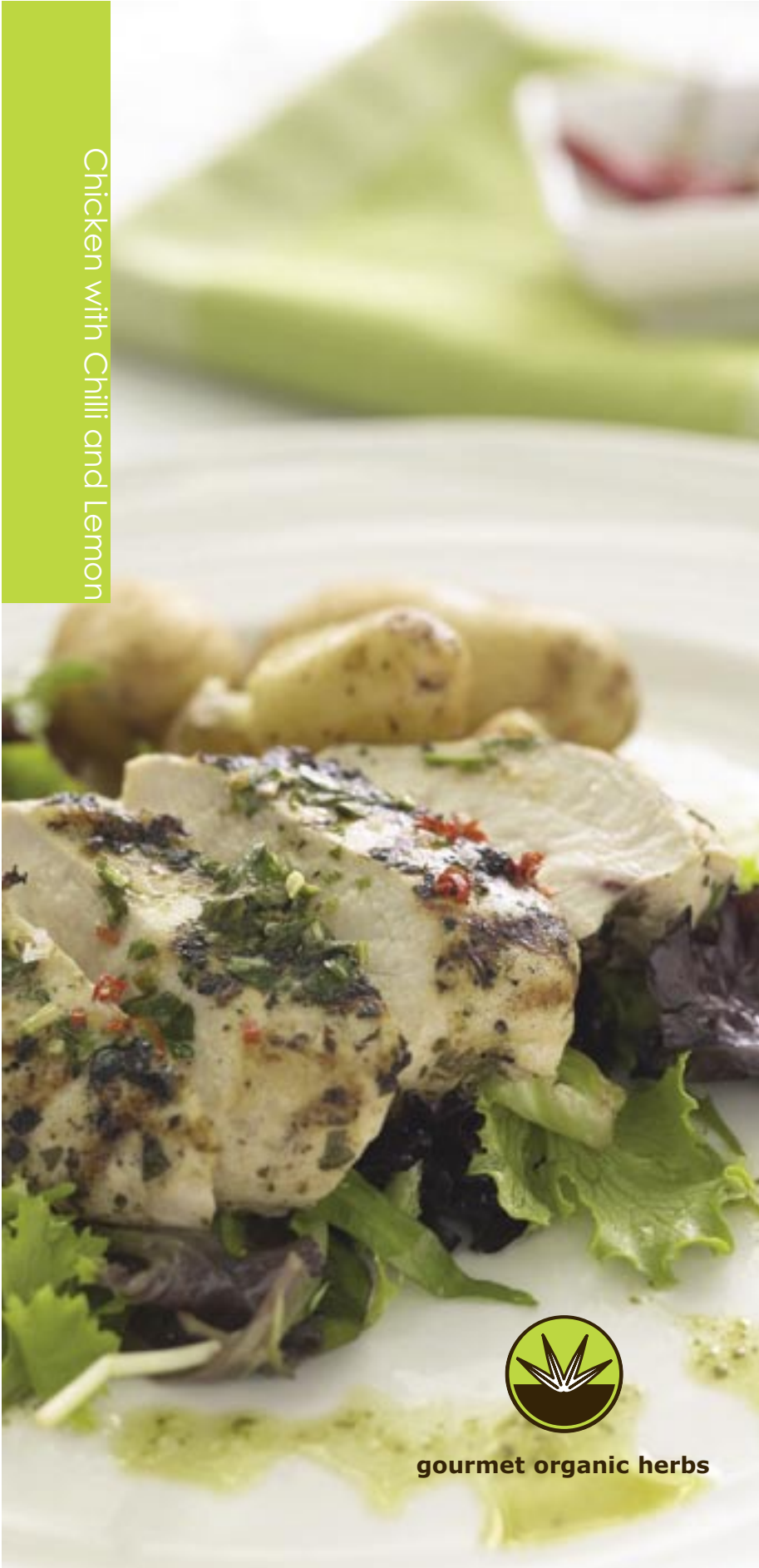


Chicken with Chilli and Lemon



gourmet organic herbs



Chicken with Chilli and Lemon

serves 4



4 chicken breast
2 GOH Whole Chillies (finely chopped)
1 tsp GOH Oregano
1 tsp GOH Marjoram
1 lemon
100ml olive oil
salt and pepper



To make the marinade; peel the lemon, place in a mortar & pestle and crush with the dry ingredients (Whole Chillies, Marjoram, Oregano, salt & pepper) and oil.

Apply this mixture to the chicken and refrigerate for 24 hours. The chicken is best cooked on a skillet for 5 minutes on each side, or until cooked through (don't worry if there is some charring as this works well with the marinade flavour)

Serve with green salad and steamed new potatoes.

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