

# *Creamy lemon & herb chicken*

Using the 24 Long Handle Chef's Pan our brand ambassador, Lethabo Kgadima creates an easy and tasty creamy lemon and herb chicken recipe. You can try this at home also using any of your AMC cookware frying pans.

## **INGREDIENTS**

### **Serves 4**

- 10 ml oil for frying
- 4 chicken fillets
- seasoning for chicken
- half a lemon or 1 tablespoon lemon juice or to taste
- 125 ml plain yoghurt
- 5 ml wholegrain mustard
- 30 ml fresh, chopped herbs of choice
- 3 - 4 slices of lemon
- salt and pepper to taste

## **METHOD**

1. Preheat an AMC Chef's Pan over a medium temperature until the Visiotherm reaches the first red area.
2. While heating, season chicken fillets well with seasoning of choice. Add oil to pan and brown fillets on both sides, squeezing lemon juice on top. Remove from the pan once brown.
3. Reduce heat slightly and add yoghurt and mustard to the pan. Mix through to form sauce - add more yoghurt if preferred. Add herbs and chicken. Place slices of lemon on top of chicken.
4. Cover with lid and cook for 5 minutes until chicken is cooked through but still tender. Season to taste and serve with couscous or brown rice and a green salad.

