



LEMON & GARLIC CHICKEN

Lemon and garlic always complement each other. This recipe is an easy one-pan dish that's delicious and perfect for busy households. The chicken cooks up slowly and is flavourful and tender. Including vegetables to the casserole adds to the convenience – supper will be ready to serve in under 50 minutes.

TIPS & VARIATIONS:

- Add 125 ml cream or sour cream for a richer meal.
- Prepare until step 4, cover with tin foil and bake with all the vegetables added at 180 °C for 45 minutes.

Ingredients

SERVES 6 - 8

8 – 10 chicken thighs or other chicken pieces
 2 medium onions, quartered
 6 cloves of garlic, thinly sliced
 4 baby marrows, thinly sliced, lengthwise
 1 red pepper, seeded and thickly sliced into strips
 250 g mushrooms, cut into chunks
 125 ml chicken stock
 20 ml fresh, chopped or 10 ml dried
 origanum
 50 - 60 ml lemon juice
 10 ml fresh, grated lemon rind
 salt and freshly ground black pepper to taste
 15 ml corn flour, mixed with water to form a paste

Method

1. Heat an AMC 24 cm Gourmet Dome Fry Pan, Roaster or 30 cm Electric Frying Pan over a medium temperature until the Visiotherm® reaches the first red area.
2. Brown chicken pieces, skin side first, on both sides, then remove from pan. Add onions and garlic and sauté until lightly browned, but not cooked through.
3. Add other vegetables one at a time and sauté until vegetables are lightly brown. Spoon vegetables out and set aside.
4. Return chicken to unit. Combine stock, herbs, lemon juice, and rind. Pour over chicken pieces and season to taste.
5. Cover with lid and simmer over a low heat for 30 minutes. The Visiotherm® should remain in the optimum cooking area.
6. Return vegetables to the unit. Simmer for an additional 10 - 15 minutes or until chicken and vegetables are cooked through. Stir in corn flour and simmer until thickened. Serve with rice, couscous or salad.
6. Add stock until rice is cooked and reduce heat. Add cheese, cream and thyme, and season to taste. Serve immediately with Parmesan cheese shavings, drizzle risotto with a little olive oil and season with black pepper.