

# Lemon Chicken



**Serves 6**

**Prep 5 mins**

**Cooking 25 mins**

**Easy**

## Ingredients

1 celery stick  
1 carrot  
2 lemons  
6 black peppercorns  
4 juniper berries  
2 tbsp olive oil  
25g plain flour  
salt to taste

6 skinless, boneless chicken breasts  
1 sage leaf  
1 sprig each thyme & rosemary  
150ml white wine  
150ml chicken stock  
fresh chopped parsley to serve

1. Whizz the celery and carrot in a food processor until finely chopped but not too broken down. Zest the lemons and squeeze the juice of half a lemon. Crush the peppercorns and juniper berries together in a pestle and mortar.
2. Heat the oil in a large, deep sauté pan. Mix the flour and salt in a bowl, and coat the chicken. Brown it over a high heat for 2 - 3 mins each side. Remove from the pan. Add the vegetables, herbs and spices. Cook gently for 5 mins.
3. Return the chicken to the pan, pour in the wine and bubble for 2 minutes. Add the stock and lemon Juice and half the zest. Bring to the boil, cover and simmer for 20 minutes until the meat is cooked through. Serve with the sauce. Sprinkle over the parsley and remaining zest.
4. Goes well with rice and green beans.