

Recipe of the Week

Lemon Chicken

Ingredients

2 garlic cloves
200g onions cut into halves
2tbsp olive oil
1200g chicken (thighs)
Lemon peel of 1 organic lemon
Lemon juice of 1 organic lemon
4 springs parsley leaves only, plus some extra
150g water
1tsp ground cumin
½ tsp sweet paprika
½ tsp turmeric
¼ tsp cinnamon
1 tsp salt
2 pinches pepper
½ lemon, salted (optional) cut into thin slices
100g olives, pitted

Method

- Place garlic cloves and onions into TM bowl and chop for 3 sec/speed 5. Use spatula to scrape sides of the bowl
- Add olive oil and sauté for 5 min/Varoma/reverse / spoon speed
- Add chicken pieces, lemon peel and juice, parsley, water, spices and cook for 15min /90°C/ reverse/ spoon speed
- Add salted lemons and olives and cook for 1 min/100°C / spoon speed. Sprinkle with parsley leaves and serve with couscous.



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