

# Lemon and Thyme Chicken with Herb Pilaf



Photography by Steve Brown

This healthy, lower-GI chicken dish is full of fresh herb and citrus flavours, and will be on the table in less than 30 minutes.

## Ingredients (serves 4)

- 600g chicken breast fillets, trimmed
- 1/4 cup lemon juice
- 2 tablespoons olive oil
- 1 tablespoon fresh thyme leaves
- 2 teaspoons finely chopped fresh rosemary leaves
- 1 quantity Herb pilaf (see related recipes)
- Steamed squash and green beans, to serve

## Method

1. Place chicken, lemon juice, oil, thyme and rosemary in a large snap-lock bag. Seal. Shake to coat. Refrigerate for 15 minutes, if time permits.
2. Heat a non-stick frying pan over medium-high heat. Add chicken. Cook for 4 to 5 minutes each side or until cooked through. Transfer to a plate. Stand, covered, for 5 minutes. Thinly slice.
3. Spoon herb pilaf into bowls. Top with chicken. Serve with squash and beans.

## Notes

- **Tip:** Start making pilaf at end of step 1.

**Super saver:** Use trimmed chicken thigh fillets instead of breast and save around \$2.04 in total.