

AGGY'S SAUCES

LEMON, HERBS, SPICES CHICKEN RECIPE



TASTY MEAL

Serves 4

Cooked in 30 minutes

4 chicken breast

2 Tbsp Lemon, herbs, spices sauce

1 or 2 Garlic cloves, crushed

2 medium onions, chopped

1Tbsp corn flour mixed with a little milk

1 Tbsp of yoghurt or sour cream

1 Tbsp of olive oil

salt & pepper & lemon

Agnes' cooking secret: squeeze lemon onto chicken and add sea salt before cooking it will seal the flavours in.

Brown chicken breast on grill

Transfer to a casserole dish

Cook onions and garlic in oil until soft, add to casserole dish

Make a marinade with 2 Tbsp of Lemon, herbs sauce, 1 Tbsp of corn flour mixed with a little milk,, 1 Tbsp of yoghurt, season

Pour over chicken chicken & onions

Bake in a oven preheated to 200C/180C Fan/gas 4 for 20 minutes

Serve with brown rice, broccoli & string beans

To make more usage of Lemon, herbs & Spices Sauce

- ◆ Add zing to a soup
- ◆ Make a luxury pasta sauce
- ◆ Use with relish on sandwiches
- ◆ Dollop on a baked potato
- ◆ Dip your favourite crudités

BUY A BOTTLE, FEED A CHILD

For years Agnes has been developing the recipe for this sauce for friends and family.

Today they fund a foundation which provides hope for AIDS orphans in Zambia. Every jar sold feeds a child for day.

1 BOTTLE MAKES 5 MEALS

To make more usage of Sweet Peppers & Spices sauces

- ◆ Spread between layers of lasagne
- ◆ Spoon onto the side of your plate with a roast
- ◆ Enrich a vegetable or chicken stir fry
- ◆ Use as a dip with nachos
- ◆ Use with relish on sandwiches

Aggy's Sauces are free from artificial preservatives and colouring, suitable for vegetarians

Aggy's Sauces Limited
www.aggysauces.com