

Chicken breast with confit lemon

Total time **35 mins**

Nutritional facts (per portion):

1817 kJ / 434 kcal

INGREDIENTS

4 portion(s)

4	skinless chicken breasts
1 tbsp	of flower honey
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
30 g	fresh ginger
1 pinch	of saffron powder
1	clove garlic
1	small lemon confit
2 tbsp	of olive oil
1 tbsp	of golden sesame seeds pepper

To accompany:

1	small heart cauliflower
500 g	of broccoli

PREPARATION

Step 1

Peel the ginger, cut into very thin strips, put in a bowl, add soy sauce, honey, 1 tbsp lemon juice, garlic, peeled and finely chopped, saffron, mix, the chicken, turn them and marinate 30 minutes.

Step 2

Untie into small florets broccoli and cauliflower, cook 10 minutes to steam. Cut the confit lemon into slices.

Step 3

Heat oil in a pan, add the chicken breasts (without the marinade), and cook for 5 minutes, turning often. Pour marinade and lemon confit, turn and cook another 5 minutes. Then remove the breasts from the pan, replace them with vegetable bouquets and leave on low heat.

Step 4

To serve: Cut the chicken breasts into strips, put them on plates, add the vegetables and powder all with sesame seeds.