

Lemon Chicken Gratinee



Ingredients:

6 boned and skinned chicken breasts
1 tbsp olive oil
1 tbsp butter
1 small onion, peeled and chopped
1 garlic clove, crushed
Grated rind of 3 lemons
2 tbsp lemon juice
3 level tsp cornflour
1 tbsp fresh chopped coriander
250 ml hot chicken stock
250 ml double cream
Salt and freshly ground black pepper
75g white breadcrumbs, slightly dried.

- Preheat your oven to 180°C / 350°C / Gas Mark 4.
- Cut the chicken into long finger size strips.
- Heat the oil and butter together in the dish on the hob (a Le Creuset 30cm rectangular dish is perfect). Lightly fry the onion and garlic without browning.
- Add the chicken and brown evenly.
- Mix of two of the lemons with the lemon juice, cornflour and three quarters of the coriander. When this is blended stir in the stock and pour into the dish with the chicken.
- Cook, stirring continuously until the sauce has thickened. Season well and stir in the cream.
- Remove from the heat. Mix together the breadcrumbs, remaining lemon rind and remaining coriander and a little seasoning. Sprinkle this mixture evenly over the top of the chicken.
- Bake in the oven for 15-20 minutes.
- Serve with crisp green vegetables.