

Lemon Chicken

Meal time: Lunch and Dinner

Meal course: Main

Meal type: Meat

Serves: 6

Difficulty level: Easy

Cooking time: 1 hour 05 minutes

Ingredients

1 lemon
2 tsps dried oregano
3 cloves garlic, chopped
1 tbsp olive oil
1/4 tsp salt
1/4 tsp black pepper
6 chicken legs or breasts

Nutrition Facts

	Amount per serving
Calories	290
Total Fat	12.8g
Saturated Fat	3.2g
Cholesterol	125mg
Sodium	218mg
Total Carbohydrate	0.9g
Dietary fiber	0.3g
Total Sugars	0.3g
Protein	40.8g
Vitamin D	0mcg
Calcium	35mg
Iron	2mg
Potassium	369mg

Method

1. Preheat the oven to 220°C.
2. In a medium baking dish, grate the zest of half a lemon and squeeze out all the juice and combine both. Add the oregano, garlic, oil, salt and pepper. Stir until blended.
3. Remove skin from chicken and discard. Coat the chicken with the lemon mixture and place in the baking dish (bone side up if using legs). Cover with foil and bake for 20 minutes. Turn chicken over and baste with juices.
4. Reduce the temperature to 200°C, uncover and cook for a further 30 minutes, basting with the juices every 10 minutes. Serve with the juices in the roasting tin.