



Lemon Chicken Parcel

Serve with a generous helping of rice and enjoy the lemon flavour that comes from the chicken parcel

Serves: 2

Prepare: 10 Minutes

Cook: 40 Minutes

Difficulty: easy

Ingredients

- [400g chicken breasts](#)
- 1/4 cup quinoa flakes or flour
- [3tsp Steenbergs organic lemon chicken rub](#)
- squeeze of lemon juice
- 1/2 red onion, finely chopped
- 10 cherry tomatoes
- drizzle of extra virgin olive oil
- 400ml [chicken stock](#) and/or white wine
- sprinkle of Steenbergs organic perfect salt

Method

1. Heat oven to 200°C
2. In a bowl, mix the quinoa flakes with the lemon chicken rub
3. Squeeze the lemon juice over the chicken breasts and immediately coat with the rub mixture
4. Put the chicken on a large piece of foil and add the remaining ingredients. Fold up the foil to create a parcel
5. Cook in the oven for 40 minutes, or until the chicken is cooked and clear juices are seen when tested with a fork