

CHICKEN BREASTS WITH LEMON AND ROSEMARY

PETTI DI POLLO COL LIMONE E ROSMARINO

A succulent and fresh tasting way to serve chicken breasts. Real rosemary lovers can add as much of this pungent herb as they wish. Always try to use fresh rosemary rather than dried if you can.

TIME 25 MINUTES

4 boned chicken breasts, each weighing about

175 g/6 oz, skins removed

1 tablespoon plain white flour

salt and freshly milled black pepper

3 tablespoons olive oil

1 sprig fresh rosemary, approximately

10 cm/4 in long

grated rind of $\frac{1}{2}$ lemon

juice of $\frac{1}{2}$ lemon

sliced rind of $\frac{1}{2}$ lemon, to garnish

fresh rosemary, to garnish

1 Flatten the chicken breasts lightly with a meat mallet or the side of a very heavy knife. Cut them in half and trim them up so that they look neat.

2 Mix the flour with a pinch of salt and a little pepper. Coat the chicken breasts lightly with the seasoned flour, shaking off any excess.

3 Heat the oil with the rosemary in a large frying pan over a very low heat for about 3 minutes.

4 Raise the heat and brown the chicken breasts for about 3 minutes on each side. Add the grated lemon rind and pour over the lemon juice. Cook over a medium heat for about 10 minutes or so, turning the breasts over frequently until all the juices run clear when tested with the tip of a knife.

5 Transfer to a warm serving dish, garnish with the lemon rind and fresh rosemary and serve.