



Lemon Chicken Recipe

Preparation Time	10
Cooking Time	30
Serving Size	5

Ingredients:

- 1/2 cup water
- 1 pack DEL MONTE Quick 'n Easy Sweet and Sour Mix (57g)
- 1/4 cup honey
- 2 Tbsp lemon juice
- 1/2 tsp lemon zest
- 500 g chicken, thigh fillet
- 1/2 tsp salt
- 1/4 tsp pepper, black
- 1/4 cup cornstarch
- 1 cup oil

Preparation:

1. In a pot, combine water and DEL MONTE Quick n Easy Sweet & Sour Mix. Simmer until thick. Add honey, lemon juice, and lemon zest. Simmer for 2 minutes and set aside.
2. Season chicken thigh fillet with salt and pepper. Dredge in cornstarch.
3. Pan-fry chicken until cooked. Toss in sauce. Serve warm.

Chef's Tip

To keep the chicken crispy, dredge in cornstarch instead of flour.

Lusog Notes

This recipe contains protein that helps in growth, development, and repair of body tissues. It also has niacin that helps keep the digestive and nervous systems healthy.

Cooking Skills Needed

- Pan-Frying
- Simmering

Cooking Tools

- Measuring Cups
- Pot
- Chopping Board
- Measuring Spoon
- Spatula
- Strainer