



## Lemon Chicken Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>30</b>
<b>Serving Size</b>	<b>5</b>

### 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