

**Name**

Lianne Litchfield

Recipe Title

Lemon and garlic chicken with lemon pasta/rice

Recipe Ingredients

Chicken breasts (however many you'll need for serving, in this case assume two)
1 cup of lemon juice
1 table spoon of minced garlic
1 teaspoon of garlic powder
1 lemon
1 cup of rice OR 1 box of pasta
1/2 teaspoon of Italian seasoning
1/4 teaspoon of salt
1/4 teaspoon of pepper
1/2 teaspoon of basil
1/2 cup of oil
1 teaspoon of butter
1 cup of water

Recipe Instructions

Pour the oil into a pan. Once the pan is hot, sear the chicken well, about 6/7 minutes on each side. Once you've seared all the chicken place it onto a plate on the side. Take the butter, lemon juice, and minced garlic and add it to the pan. Next mix the garlic powder, pepper, salt, italian seasoning, and basil, then add that mix to the pan as well. Then reduce the heat a little and add the chicken again. Thoroughly cover the chicken with the contents within the pan, and add a little extra of all the ingredients. Wait until the chicken is cooked through. Once the chicken is ready cover the pan and fill a pot with 1 cup of water for the rice/pasta. Let the water come to a boil and add the rice/pasta. Let it cook and while it cooks add a little lemon juice (around 1/2 teaspoon). Once the rice/pasta is done plate it and add some more lemon juice (around 1/4 teaspoon). Place the chicken on top of the rice/pasta and spoon some of the juice that cooked with the chicken on top of the entire plate. Finish it with lemon slices for garnish and flavor.

Bonus: add broccoli cooked in the same lemon and garlic mix from the chicken!