

LighterLife Management

Week 1 Recipes:

Lemon chicken

Light and simple, this is perfect with a green salad.

Serves: 1

Nutrition per serving:

209 kcal, 37g protein, 4g carbs, 5g fat, 1g fibre

Ingredients:

- 1 garlic clove, crushed
- ½ tsp minced ginger
- 250ml stock (from LighterLife Savoury Broth)
- 150g skinless, boneless chicken, sliced
- 1 tsp soy sauce
- 2 tbsp lemon juice
- ½ tsp dried thyme
- ½ tsp dried rosemary

Method:

1. Cook the garlic and ginger in a little of the stock over a medium heat.
2. Add the chicken and cook, turning frequently, until browned all over.
3. Add the soy sauce, lemon juice, herbs and remaining stock, and simmer until the chicken is cooked through.

Tips:

- Swap the chicken for Quorn or tofu for a veggie alternative.