

Clonmel Citrus Chicken

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This very easy recipe has been contributed by April.

This can be prepared in the morning and left to marinate in the fridge 'till evening.

4x chicken breasts or 8x thighs
Zest and juice of 1 orange and 1 lemon
½ cup mayonnaise
¼ cup low fat yoghurt
2 Tbspns mango chutney
2 Tbspns wholegrain mustard
Chopped parsley for serving.

Pre heat oven to 200 C

Place the chicken in a baking dish and sprinkle over the zest

Mix other ingredients in a bowl

Pour over the chicken and stir well to ensure that the sauce is spread evenly

Bake uncovered for 30-40 minutes, turning chicken half way through to brown both sides

Sprinkle with parsley before serving.

Delicious served with rice and a crisp green salad

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