



Easy, delicious and nutritious!



LEMON GARLIC CHICKEN

Prep time
15 mins

Cook time
40 mins

Serves
4



RICH IN PROTEIN



RICH IN NUTRIENTS



GREAT FAMILY MEAL



Join passionate foodie and pancreatic cancer survivor Tino, as he cooks his favourite, nutritious meals in the PanChef kitchen.

pancare.org.au/panchef



LEMON GARLIC CHICKEN WITH GARDEN GREENS

INGREDIENTS

- 4 maryland chicken thigh and leg
- 4 cloves of garlic
- Thyme – small handful
- 3 lemons
- Salt and pepper to taste
- 1 head of broccoli
- 300 grams string beans
- 1 zucchini – ribboned or made into slices with vegetable peeler
- 1 bunch of bok choy
- Corn flour

METHOD

Chicken

Heat oven proof pan with a little olive oil, dust the chicken in corn flour, brown the chicken in the pan on both sides, and then add 3 cloves of crushed garlic and thyme. Cook for a further 3 minutes then add zest of 1 lemon, add the juice of 3 squeezed lemons, salt and pepper, and cook for a further 30 minutes in a pre-heated oven at 180 degrees.

Garden greens

In a deep pan add 2tbs olive oil, 1 sliced garlic clove and cook for 2 minutes. After 2 minutes add 2 cups of water, salt and pepper, and bring to the boil. Then add your flowerets of broccoli, top and tailed beans, chopped bok choy and zucchini ribbons, then bring to a simmer. Place a pan lid on the top and let steam for 5-7 minutes.

To serve

Place lemon chicken on the plate, drizzle reduced lemon sauce over the chicken and accompany with your garden green vegetables.

Handy dietary tips

- By including foods rich in energy and protein you can make every mouthful more nourishing.
- Some treatments may alter your sense of taste and smell. Eating foods rich in flavour may help you continue to enjoy eating.



Disclaimer: Please speak with your treating team or PanCare about referral to a Dietitian for further dietary information and advice. Information provided by PanCare Foundation is not a substitute for medical advice, diagnosis, treatment or other health care services.