

# Lemon Chicken

## Ingredients

1 lemon	1 piece of chicken
2 tbsp. honey	$\frac{1}{2}$ egg
$\frac{1}{2}$ an onion	1 heaped tbsp. of plain flour
1 garlic clove	Handful of green beans
$\frac{1}{2}$ tsp. oregano	

## Method

1. Cook your rice, check it and sieve it when its ready
2. Juice the lemon.
3. Add the honey and lemon together in a measuring jug mix well. (This will be the sauce)
4. Chop onion, and garlic finely.
5. Cut the green beans at the top and bottom and then into 3rds.
6. Whisk the egg in a small bowl.
7. Cut chicken into cubes and mix well in the egg
8. In a plate add the flour, salt and mix well.
9. Coat the chicken in the flour.
10. Fry chicken and cook until white and no pink bits then transfer to a plate.
11. Fry onion, oregano and garlic oil for a few minutes.
12. Boil/ steam the green beans.
13. Add chicken back to the pan and add the lemon and honey sauce.
14. Simmer for 2 more minutes.
15. Serve with cooked rice, green beans and lemon slices.