

Lemon Sesame Chicken

Serves four - Preparation time: 20 minutes Cooking time : 50 minutes
This recipe is reprinted from the Somerfield Magazine with their kind permission.

Ingredients: -

8 - Somerfield chicken drumsticks or 4 chicken quarters

8 - potatoes, peeled, halved, slits cut in the top

2 - red onions, peeled and cut into wedges

30ml/2 tbsp - Somerfield olive oil

juice and rind of 2 lemons

30ml/2 tbsp - Somerfield clear honey

30ml/2 tbsp - sesame seeds

Method: -

Preheat oven to 200°C/400°F/Mark 6.

Pre-boil the potatoes for approximately 10 minutes, drain.

Place the chicken in a large roasting tin, place the potatoes and onion wedges amongst the chicken.

Mix together the oil, lemon juice and rind, pour over the chicken.

Cook for 35 minutes, turning and basting occasionally.

Pour the honey and sesame seeds over the chicken and cook for a further 15 minutes until golden.

Serve with the lemon juice.

Approximate cost £1.00; 620 kcals; Fat 18g.



Upbeat - Heart Support In West Suffolk

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