



Lemon chicken with artichokes

15'
Hands on

25'
Cook Time

8-10
Portion(s)

1
Difficulty



Method

- Place a **frying pan** over high heat and add 2-3 tablespoons olive oil.
- **Cut** the chicken into 2-3 cm pieces and add them into a bowl. Add salt, pepper, the flour, and mix.
- Transfer the chicken to the hot pan and sauté for 3-4 minutes until golden.
- Place a **pot** over high heat and add 2 tablespoons olive oil.
- Finely chop the onions and the garlic, add them to the pot, and sauté.
- Add the artichokes, the chicken, and deglaze the pot with the wine.
- Add the lemon juice, the water, the chicken stock pot, the tarragon, and mix.
- Cover with the lid and simmer over medium heat for 20-25 minutes.
- Serve with pepper, olive oil, lemon slices, and parsley.

Ingredients

- 1 1/2 kilo chicken breast fillet
- 4-5 tablespoon(s) olive oil
- salt
- pepper
- 50 g all-purpose flour
- 2 onions
- 2 clove(s) of garlic
- 750 g artichokes
- 80 g white wine
- lemon juice, of 1 lemon
- 400 g water
- 1 tablespoon(s) chicken stock pot
- 2 tablespoon(s) tarragon

To serve

- pepper
- olive oil
- lemon
- parsley

Διατροφικός πίνακας

Nutrition information per portion

231 Calories (kcal)	4.8 Total Fat (g)	1.1 Saturated Fat (g)	9.1 Total Carbs (g)
12%	7%	6%	4%
3.2 Sugars (g)	37.0 Protein (g)	1.7 Fibre (g)	1.2 Sodium (g)
4%	74%	7%	20%