



Lemon chicken with parmesan crust

20'

Hands on

30'

Cook Time

4

Portion(s)

2

Difficulty



Method

- Preheat the oven to 180°C (355° F) set to fan.
- Grab a 25 cm diameter **pan**, which will fit in the oven (with a metal handle, not plastic because it will melt).
- In a **bowl**, mix the panko, half of the parmesan, parsley, garlic, salt, and pepper and set aside.
- In another bowl, mix the lemon zest, the lemon juice, and butter. Keep 4 tablespoons of this mixture.
- Dust the fillets with flour and tap to remove the excess flour.
- Transfer to the pan, sprinkle with lemon pepper spice. Bake for 10-15 minutes on both sides.
- Next to the chicken, place the zucchini, cut into 1 cm thick slices.
- Add 4 tablespoons of the lemon-butter mixture, the rest of the parmesan and the lemon pepper spice.
- Bake for 10-15 minutes.

For the sauce

- In a bowl, add the butter, lemon juice and **zest**, olive oil, honey, and **whisk**.
- Pour the sauce over the hot chicken and sprinkle with parsley.

Tip

Serve right away, since this particular food is more enjoyable when it is hot.

Ingredients

- 4 chicken breast fillets
- 40 g all-purpose flour
- 100 g panko (Japanese breadcrumbs for breading)
- 100 g parmesan, grated
- 1 tablespoon parsley, finely chopped
- 2 teaspoons dried garlic
- salt
- pepper
- juice and zest from 3-4 lemons
- 80 g butter, melted
- 1 teaspoon lemon pepper seasoning
- 2 zucchini

For the sauce

- 20 g butter, melted
- zest and juice from 1 lemon
- 3 tablespoons olive oil
- 3 tablespoons honey

To serve

- 2 tablespoons parsley, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

580 Calories (kcal)	26.0 Total Fat (g)	9.7 Saturated Fat (g)	40.0 Total Carbs (g)
29%	37%	49%	15%
16.0 Sugars (g)	43.0 Protein (g)	2.1 Fibre (g)	1.5 Sodium (g)
18%	86%	8%	25%