



Summer Lemon Chicken with Vegetables

Total time:
40 Minutes

Meal:
lunch/dinner

Servings:
3

Ingredients:

2 chicken breast fillets or
4 boneless chicken thighs
1 courgette, sliced
1 red pepper, cut into strips
200 g cherry tomatoes
1 small red onion, cut into wedges

2 garlic cloves, chopped
juice and zest of 1 lemon
2 **tbsp** olive oil
1 **tsp** dried oregano
salt and black pepper
fresh parsley or basil for serving

Preparation:

1.

Marinate the chicken in lemon juice, lemon zest, 1 **tbsp** olive oil, oregano, salt and pepper. Heat the cast-iron pot and add the remaining olive oil.

2.

Sear the chicken on both sides for 3–4 minutes, until beautifully golden brown. Then remove it briefly from the pot.

3.

Add the onion, pepper and courgette to the pot and sauté for 5 minutes. Add the cherry tomatoes and garlic.

4.

Return the chicken to the pot and cook everything over medium heat for another 8–10 minutes. Sprinkle with fresh herbs and serve.