

Balsamic Chicken Breasts

Ingredients

- 4 chicken breasts
- For the marinade
- 1/2 cup balsamic vinegar
 - 1/4 cup thick soy sauce
 - 60 ml lemon juice
 - 1/2 tbs crushed garlic

Method

Combine all ingredients together well. Pour over chicken and allow to marinate for 1 hour. Bake in hot oven for 15 - 18 min or pan fry for 6-8 minutes each side.