



Sovereign™

FULL OF GOODNESS



**COOK UP A
TASTE OF HOME**

with
LEE DURU

RECIPE

SPICY CHICKEN AND SEARED VEGETABLE FLAT BREAD WITH TOMATO SALSA, CHEESE AND LIME

COOKING TIME: 30 MIN
SERVINGS: 2

EQUIPMENT REQUIREMENTS

- Heavy base pan
- Stove
- Oven
- Serrated knife
- Chef's knife
- Hand grater
- Standard grater
- Peeler
- Colander
- Sieve
- Mixing bowl
- Spreading knife
- Knife and fork
- Tongs
- Measuring cups and spoons
- Serving ware

INGREDIENTS

- 2 x chicken breast fillets
- 2 x flat bread
- 3 Tbls olive oil
- 1 knob butter
- Salt and pepper
- Marinade:
 - 1 small onion, sliced
 - ½ Tsp paprika
 - 1 small chilli or ½ Tsp chilli powder
 - ½ Tsp cumin
 - ½ Tsp oregano
 - Juice of 1 lemon
- Garnish:
 - Salt and pepper
 - Tomato, onion and coriander salsa
 - Lime wedges
 - Grated cheddar cheese
 - Cream cheese
 - Fresh coriander

INSTRUCTIONS

- Score chicken by cutting 1 cm incisions across the breasts.
- Mix onion, chilli and dry spices and lemon juice and marinate chicken for 15 min.
- Heat pan, add oil and grill chicken on each side for 5 – 7 min.
- Remove from heat.
- While pan is hot add butter, onions & peppers and cook on high heat for 2 min.
- Lay vegetables over warm flat bread.
- Slice chicken into medallions and fan over vegetables.
- Top with juices from the pan and a squeeze of lime.
- Serve with tomato salsa, lime, cheddar cheese, cream cheese and fresh coriander.