

Honey Lemon Chicken

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My Honey Lemon Chicken is perfect for weeknights! Chicken breast lightly coated in seasoned flour, pan fried until golden and served with a gorgeous honey lemon sauce. At just 320 calories a serve – with *plenty* of sauce – and on the table in 15 minutes, this is a fantastic back pocket recipe for busy days!



This rarely happens, and it usually only lasts 24 hours, but I can officially say: I'm cooked out. Between cooking for Easter both in real life and for RecipeTin Eats and client work, the amount of food that has come out of my pokey little kitchen over the past couple of weeks is extraordinary.

My freezer is jam packed, the homeless guy is getting 2 meals almost every day, and every friend I see gets sent home with food.

So today, it's fitting that I share something super-fast to make but, as always (!!), super tasty – this Chicken with Honey Lemon Sauce.

I start off by dusting the chicken with lightly seasoned flour which serves two purposes: 1) so the chicken forms a lovely golden brown crust; and 2) it helps thicken the sauce (via brown bits stuck on the pan mixed into the sauce and popping the chicken back into the sauce at the end).



The key to this recipe is the golden-brown bits left in the pan from cooking the chicken. It's gold and it should never be wasted. Whether you're cooking fish or protein, swish a little liquid of some sort (broth/stock, wine, lemon juice, even water), bring it to a simmer to loosen the brown bits and use a spatula to scrape it off the bottom of the pan and into the liquid.

It's free flavor and it's the key to making this simple Honey Lemon Sauce so tasty even though there are so few ingredients in it.

This Honey Lemon Chicken is actually a really healthy meal too, at just 320 calories per serving. Serve it with a simple side salad and a couple of slices of bread to mop up the sauce, and you'll have a complete meal for less than 500 calories.

Something to mop up the honey lemon sauce is key! It's rude to lick the plate (in front of others, home alone is perfectly acceptable). So make sure you have some bread to wipe your plate clean!! – **Nagi x**