

# Lebanese Chicken

**Country of origin:** Lebanon<sup>1</sup> Chicken in a tangy sauce.

## Ingredients

- 8 skinless chicken breasts
- 30 ml sunflower oil
- 50 ml **FAIRTRADE** honey
- 1 **FAIRTRADE** lemon
- 30 ml Worcestershire sauce
- 30 ml **FAIRTRADE** white wine
- 1 small onion
- 2 cloves garlic

## To serve

Serve on a bed of **FAIRTRADE brown rice**<sup>2</sup>.

## Method

### Preparation

Skin the onion and chop very fine into a bowl.

Skin the garlic and crush into the bowl.

Juice the lemon into the bowl.

Add the wine and honey and mix well.

### Cooking

Brush the chicken with a little oil and grill for a few minutes on each side to seal the meat.

Place the chicken pieces in an oven proof dish and cover with the lemony honey mixture.

Bake in the oven at Gas Mark 4 for 20 to 30 minutes basting every 5 minutes.

Check that the chicken is cooked through and tender before serving.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/lebanon.htm>

<sup>2</sup>[http://www.fairtradecookbook.org.uk/recipes/rice\\_boiled.htm](http://www.fairtradecookbook.org.uk/recipes/rice_boiled.htm)