



lemon rosemary chicken strips

I almost always have chicken breast in my freezer. One of three chicken strip recipes, the lemon rosemary chicken strips will blow your mind!

Ingredients

200g of chicken breast	1/2 a teaspoon of turmeric
1/2 a cup of finely chopped red onion	1/2 a teaspoon of turmeric
1/2 a tablespoon of tomato paste	1/4 teaspoon of Kez O. chilli paste
5 cloves of garlic, minced	1 cup of parmesan cheese
2 tablespoons of fresh lemon juice	1 tablespoon of coriander powder
1 teaspoon of lemon zest	Salt to taste
1 tablespoon of fresh rosemary (or 1/2 a tablespoon of dried rosemary)	Vegetable oil for cooking

Method

In a pan add your red onion, rosemary, chili paste, garlic and let this simmer until it becomes fragrant. This will take about a minute or two.

Add your spices together with the tomato paste along with 1/2 a cup of hot water and let this simmer down for about 5-8 minutes.

After that, add your chicken strips followed by the lemon zest and the freshly squeezed lemon juice. Let this cook for about 8 minutes on medium high heat. The time taken may vary according to the thickness of your chicken strips. Add the cheese and let it melt in.

Once done, add your finely chopped coriander and mix it in then serve!



SERVE WITH: rice/chapatti/ugali along with some veggies of your choice

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/lemon-rosemary-chicken-strips/>