

lia's handy lunch poached chicken

Ingredients:

2 kilos of chicken breast

2 table spoons of olive oil

1 lemon squeezed

Seasoning, I like Masterfoods
"Roast Vegetable Seasoning"



Weigh into snap lock bags to freeze:
50-100g for snacks, 130-150g for meals

Method:

Boil a large pot of boiling water and place chicken breasts in pot for about 5minutes. Turn heat off and place lid on the pot and allow the chicken to continue to cook from the heat of the water. This may take around 20minutes. Check chicken and make sure it's not pink in the centre and completely cooked through. Get the chicken out and try and shred it as quick as possible, as soon as you can handle it without burning your fingers.

Place the chicken in a bowl and drizzle the olive oil lemon and seasoning and combine it all.

*Hey presto low
fat juicy succulent
chicken on the go!
Cut out the crap
and lose the fat!!*

Recipe by Lia Jones, Image sourced from google images