

The Slug and Lettuce

GRILLED GARLIC BUTTERED CHICKEN

Serves 1



INGREDIENTS

Chicken breast x 1
Chips x 1 portion
Vine tomatoes (3)
Lamb's leaf 10g
Garlic butter 30g

GARLIC BUTTER

INGREDIENTS

Butter 30g
Garlic cloves 1
Parsley 5g

PREPARATION

1. Leave the butter at room temperature to soften.
2. Peel and finely chop the garlic.
3. Chop the parsley.
4. Mix all the ingredients together and shape into a disc

METHOD

1. Oil and season and cook the chicken breast on a hot grill pan for approx. 5 minutes, turning once. Ensure it is cooked through.
2. Cook the vine tomatoes in the oven at 200°C for approx. 2 minutes.
3. Deep fry the chips in the deep fat fryer at 180°C for approx. 3 minutes.
4. Serve, as shown, with garlic butter and lamb's leaf.