

# Chicken Breast Cooked in Strongbow Cider

## Ingredients: (serves 4)

4 boneless skinless chicken breast halves  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1 tablespoon butter  
1 tablespoon olive oil  
2 tablespoons finely chopped onions  
1 tablespoon all-purpose flour  
1 cup STRONGBOW cider  
1 1/2 teaspoon fresh lemon juice  
1 tablespoon chopped fresh parsley



## Method:

Dry chicken with paper towels  
Sprinkle with salt and pepper  
In large pan, heat butter and oil over medium-high heat until butter is melted and hot  
Add chicken, cook 3 to 5 minutes or until browned, turning once  
Remove chicken from pan and place on platter  
Reduce heat to medium  
Add the onions; cook until softened  
Stir in flour; cook and stir 1 minute  
Stir in cider until smooth, scraping up browned bits from bottom of pan  
Add lemon juice and mix well. Return chicken to skillet; reduce heat to low  
Cover; cook 3 minutes or until chicken is no longer pink in center and juices run clear, turning once  
Sprinkle with parsley  
Serve with freshly steamed French beans and baby potatoes

