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Because the first Wealth, is Health!

Pan-Fried Chicken with Tarragon

Dressing

2 tbsp lemon juice
2 tbsp olive oil
½ tsp Dijon mustard
Salt, to taste

Chicken

1 450g chicken breasts fillets (about 12 fillets)
2 tbsp poultry seasoning
1 tbsp dried tarragon, crumbled
1 tbsp dried garlic
1-2 pinches salt
8 cups (140g) loosely packed baby salad greens



In large bowl, whisk dressing ingredients and set aside.

Place chicken between two sheets of plastic wrap. With a kitchen mallet (or bottom of a small, heavy saucepan), pound fillets two or three times until 600mm thick.

In a medium bowl, mix poultry seasoning, tarragon, garlic and salt. Coat chicken with mixture. Coat a large non-stick skillet with cooking spray and place on high. When pan is hot, add four to five chicken fillets and cook on medium-high until golden and firm, one to two minutes per side.

Wipe down pan with paper towels to remove any burned crumbs and repeat process until all fillets are cooked.

Add greens to a large bowl and toss with dressing.

To serve, place two cups of greens on a dinner plate and top with chicken fillets.

Serves 4.

Per serving: 794kJ, 7.5g fat (1g sat), 147mg sodium, 5g carbs, 2g fibre, 27g protein.



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