

At £1.59 for two breasts from Farm Foods these are a pretty good deal. But we have found it the past that they can turn out a bit dry / tough. So hammering the living day lights out of them seems to work!!!!

Ingredients:-

2 Chicken Breasts, beaten with a meat tenderising hammer
1 Tbsp of Brown Sugar
1 ½ Tsp of Paprika
1 Tsp of Oregano
1 Tsp of Adobo Mix
1/2 Tsp of Garlic Powder
½ Tsp of Onion Powder
¼ Tsp of Fresh ground Black Pepper
½ Tsp of Cayenne Pepper
1 Tbsp of Olive Oil
3 Tbsp of (Home Made) Garlic Margarine

Method:-

(1) Pound the Chicken Breasts with a meat mallet to about 1/2? thick. **(Think of a Politician who has do you and your family wrong!)**.
(2) Line a tray with Parchment paper.
(3) Add the Chicken Breasts and rub with Olive Oil.
(4) Combine all the other ingredients except the Garlic Margarine.
(5) Rub into the Chicken making sure everything is evenly coated.

(6) Place in the oven at 180c for 15 minutes.
(7) Pre-heat the grill.
(8) Add the Garlic Margarine to a pan. Drain off the cooking juices from the Chicken and add to the pan.
(9) Allow to simmer and reduce.
(10) Place the Chicken under the grill for 2 to 3 minutes until caramelised.
(11) Pour over the sauce and serve.

We served ours with hand cut chips, Sweetcorn and Asparagus wrapped in Bacon. The Asparagus is obviously coming to the end of season and was really woody. But apart from that, this was really good.