

Sesame Lemon Pepper Chicken

Serves: 4

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients

First Poultry

3x Chicken breast fillets, skin off

Astee Grocer

½ cup white sesame seeds

Coles

2 lemons zested and juice saved

2 tbs table salt

4 cups water

Black pepper

Olive oil

Method

Cut each chicken breast fillet long ways into 3 pieces.

Make a brine liquid:

Place hot water into a bowl with the salt. Stir until it dissolves. Place the chicken pieces into the bowl. Allow the chicken to brine in the salt solution for 30 minutes. You can brine the chicken up to 24 hours for a really juicy result.

Remove the chicken pieces and pat dry. Marinate the chicken with olive oil, lemon zest and sesame seeds.

BBQ the chicken pieces on a hot grill for 5 minutes. Baste with lemon juice. Season with black pepper.



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