



Honey and lemon grilled chicken

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Ingredients

For 2:

2 chicken fillets
juice of half a lemon, plus zest
1 tbsp honey

4 carrots, chopped
100g rice

Instructions

1. Mix the lemon juice, zest and honey
2. Brush the mixture on one side of each fillet
3. Grill for 5 minutes, turn over and brush on any remaining mixture. Grill for another 5 minutes.
4. Serve with boiled carrots and steamed rice.