

ONION CHICKEN

Time: 30 minutes (plus marinating time)

Serves: 10

Ingredients:

800g yellow onions - peeled and quartered
50g fresh lemon juice
50g extra-virgin olive oil
25g salt
4g fresh ground black pepper
2.2kg boneless skinless chicken breast

Preparation:

Place all ingredients except chicken in a food processor bowl. Process until nearly pureed.

Place the chicken in a large non-reactive bowl or zipper seal bag. Pour the onion mixture over the chicken, moving the chicken to coat evenly. Cover the bowl or seal the bag and refrigerate for at least four hours or up to overnight.

Preheat a grill (ideally charcoal) or broiler on high. Cook the chicken, basting with the onion mixture just once at the beginning. Turn often until the internal temperature reaches 74C.

Nutritional Information Per Serving:

Calories: 280	Hand-Size Portion Guide
Fat: 6g	Palms of Protein: 2
Carbs: 2g	Fists of Vegetables: 0
Fibre: 0.2g	Cupped Hands of Carbs: 0
Protein: 51g	Thumbs of fat: 0