

Pan-Fried Chicken with Walnut and Lemon Dressing



This makes a great mid-week meal – it has good flavours and is quick and easy to prepare. Any leftover dressing will last for a week in the refrigerator and it also tastes fantastic on chicken salad, in fact it's worth making in its own right for that purpose. This dish is very good served with spinach on the side and a few new potatoes.

Ingredients

- ♦ 4 chicken breasts, skin on
- ♦ Salt pepper and lemon juice

For the Dressing

- ♦ 100g walnuts
- ♦ 2-3 cloves of garlic
- ♦ Juice of a lemon
- ♦ 1 teasp. ground cumin
- ♦ 2 tablesp. coriander, chopped
- ♦ 125ml olive oil
- ♦ Salt pepper and sugar to taste
- ♦ 4 scallions, chopped

Serves 4

To Cook

Set th oven to Gas Mark 4, 180°C, 350°F.

Season the chicken with salt, pepper and lemon juice. Heat a pan or black grill pan. Cook the chicken skin side down for 4-5 minutes to get a delicious crisp skin. Turn over and cook for another 2-3 minutes. Finish the cooking for another 10-15 minutes in the hot oven.

Meanwhile, make the dressing. Toast the walnuts in a dry pan, then tip them into the processor with the other dressing ingredients. Whiz for a few seconds. Taste for seasoning, leave in the fridge until ready to serve.