

# Eat The View

## Recipes and Tips

### Golden Jubilee Chicken

#### Chicken

4 chicken breast fillets (about 500g in total).  
Salt and freshly ground black pepper  
Freshly grated nutmeg  
2 tbsp olive oil  
1 bunch flat leaf parsley  
1 lime, quartered

#### Marinade

½ lime, juiced and zest grated  
3 cm fresh root ginger, peeled and grated  
1 clove garlic, crushed  
1 shallot, finely chopped  
2 tbsp olive oil

#### Dressing

100ml crème fraîche  
6 tbsp mayonnaise  
¼ lime, juiced and zest grated  
5cm piece fresh root ginger

1. Mix all the marinade ingredients together in a shallow dish. Add the chicken and turn in the marinade to coat thoroughly. Cover and refrigerate for 2-3 hours
2. Preheat the oven to 150°C/gas 5. To make the dressing, place the crème fraîche, mayonnaise, lime juice and zest in a bowl. Peel and grate the ginger then twist in a piece of muslin or press through a sieve to extract the juice. Add 2 tsp of the juice to the dressing. Stir, cover and chill to allow the flavours to develop.
3. Scrape the marinade from the chicken and pat dry with kitchen paper. Season the chicken with salt, pepper and nutmeg and place in a roasting tin. Drizzle over the olive oil. Roast in the oven, basting occasionally, for 25 minutes until the chicken is cooked through.
4. Leave the chicken to cool completely then cut into bite-sized pieces. Combine the chicken and dressing, adjust the seasoning and refrigerate until needed. Serve with a pasta salad, lime quarters and chopped flat leaf parsley.

Recipe by the Royal Chef.