

Garlic and Lemon Thyme Chicken

Calories: 4 kcal

Servings: 4

Time: 0 Mins

Ingredients

- 100.00 g Baby Carrots (trimmed)
- 480.00 g Chicken Breast
- 8.00 leaves Cos Lettuce or silverbeet (outside leaves)
- 2.00 clove Garlic (crushed)
- 3.00 tsp Lemon thyme (chopped fresh)
- 120.00 g Snow Peas (trimmed)

Instructions

1. Remove thick centre rib from lettuce or silverbeet leaves, overlap two lettuce leaves, place one piece of chicken on leaves. Repeat with remaining leaves and chicken, sprinkle chicken with garlic, thyme and black pepper. Roll up chicken in lettuce or silverbeet.
2. Bring a wok or large shallow pan of water to the boil. Place a large bamboo steamer on top. Line steamer with a sheet of baking paper about 2 cm smaller than the steamer.
3. Place chicken on the baking paper and arrange carrots over or around chicken. Cover the steamer and then steam for about 8 minutes or until carrots are almost tender. Place snow peas over chicken and carrots. Cover, steam for a further 3 minutes or until snow peas are just tender.