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Marinated Chicken Breasts with Leeks and Baked Potatoes

Ingredients: (serves 4)

- 4 chicken breast fillets
- zest of one lemon
- 8 tablespoons Brassola Lemon-Thyme Canola Kernel Oil
- 2 tablespoons Brassola Canola Kernel Oil
- black pepper
- 1 lb potatoes
- 1 leek
- 1 pinch of sugar
- 8 oz chicken stock
- 1 tablespoon fresh thyme



PREPARATION:

Wash chicken breasts and pat dry. Marinate the chicken breasts overnight with the lemon zest and 4 tablespoons Brassola Lemon-Thyme Canola Kernel Oil and chicken stock. After marinating, season chicken breasts with salt and pepper and sear each side in a pan over medium high heat until golden brown. Bake chicken breasts in preheated oven at 350°F for 12-15 minutes. Remove from the oven, wrap in foil and let it rest.

Wash the potatoes, quarter them lengthwise and toss with 4 tablespoons Brassola Lemon-Thyme Canola Oil. Place on baking tray and season with salt, pepper, and thyme. Bake in the oven about 35 min at 350°F degrees until golden brown.

Wash, clean and dice the leek. Sauté in pan with 2 tablespoons Brassola Canola Kernel Oil and season with salt and a pinch of sugar. Boil remaining marinade until reduced by about 2/3. Plate chicken breasts and cover with leek sauce.