



Chicken Breast with Orange



Serves 4



20 mins



Low

Ingredients

A Recipe Full of Vitamin C!

800 gr chicken breast Lusiaves

3/4 Oranges 1.5 col. Tea Cornstarch 50gr of Margarine 6 col. Mustard Soup 100ml of Cointreau salt black pepper Thyme-Lemon Fresh

Cooking Instructions

We begin by starting the margarine into small pieces and let it spread on the chicken breast. Then together the mustard and spread well with margarine. We place the chicken breasts on a platter of oven-and temperamos with salt and black pepper. We water with half the orange juice and bring to the preheated oven at 180 ° for 10 minutes. Together the cornstarch and the Cointreau mexemos well until dissolved. With a carrot grater do some orange zest. In a small saucepan'll join the remaining orange juice, orange zest, cornstarch dissolved in Cointreau and fresh lemon thyme. Let boil being careful stirring constantly go to the bottom and hope that does not grab the sauce thickens and becomes creamy. We remove the chicken breasts from oven and cover with the sauce. Scrape the bottom of the baking dish for parties over toasted dissolve into the sauce we just join. Return to oven at 180 ° for 5 minutes and serve covering the chicken breast with sauce. Serve with massequite