



Mustard chicken

Makes 4 servings

Cooking method: marinate, grill, fry

Preparation time: 10 minutes

Cooking time 10-15 minutes

For this recipe you will need:

- 4 chicken breast fillets
- 4 TBSP mustard (Dijon mustard works better)
- 1 lime
- salt and pepper to taste

Preparation:

1. In a small bowl mix mustard, the juice of the lime, salt and pepper to form a paste.
2. With a pastry brush spread the paste over chicken breast and refrigerate for about 2 hours. Overnight works better.
3. Cook chicken breasts over a grill or a heavy skillet with just a little olive oil for 10-15 minutes.
4. Serve and enjoy.

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