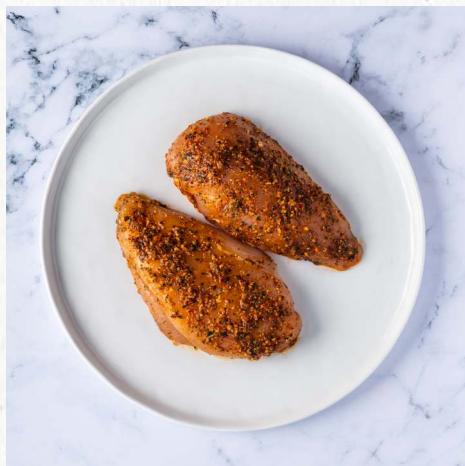




fennel & lemon spiced chicken breast

pan sear/oven bake



cooking time from: 20 minutes

method

Preheat the oven to 180°C fan-assisted or 200°C without a fan (gas 6).

Sear each side in a pan to lightly colour then place in the oven to finish cooking for 20 minutes or until the chicken is firm to touch & thoroughly cooked.

Remove from the oven & serve straight away.

serving suggestions

Serve with garlic mayo, wedges of lemon & French fries.

for best results, pan sear this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	65-68°C	72-75°C

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

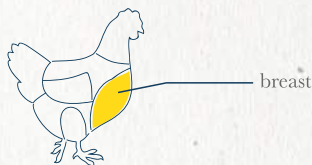


Jeff Baker

Executive Development Chef

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