

Roast chicken Breasts with Bavarian Red Cabbage.

Ingredients:

Chicken breasts – 1 per person	1lb red cabbage shredded
Lemon juice	2 red dessert apples cored & chopped
Olive oil	8 tablespoons water
Mixed herbs (dried)	1 tbsp lemon juice or wine vinegar salt, freshly ground black pepper (optional)
Ground paprika	2 tablespoons soured cream

Method:

On the day before serving wash & dry the chicken breast with kitchen paper.

In a small dish prepare a marinade of lemon juice, mixed herbs, a small quantity of olive oil and ground paprika.

Place the breasts in a dish then pour the marinade over them being sure to coat the meat on both sides.

Cover and leave in the fridge until required.

Pre heat your oven to 180 or 160 for a fan oven; place the meat in a slightly greased roasting tin in one layer only.

Loosely cover with kitchen foil and cook for about 40 minutes, turning and basting after 20 minutes.

Serve with Bavarian cabbage (see recipe below)

This does not have to be prepared the day before being eaten, but needs to be left in the marinade for at least 4 hours.

Bavarian red cabbage

Can be cooked in the microwave or on the hob.

Mix cabbage, apples, water & lemon juice in a large Pyrex dish.

Cover & cook on FULL for 15 minutes stirring every five minutes.

Remove the cover then add salt & pepper - & soured cream if included.

This serves 4 people.