Lemon Basil Chicken

Ingredients:
2 large chicken breasts about 1.5 lbs / 680 grams total
8 tbsp lemon juice from about 3 large lemons
1 1/2 tbsp honey
2 tbsp water
3 cloves garlic minced
12 fresh basil leaves roughly chopped
salt to taste
freshly cracked pepper to taste

Method:
Cut chicken breasts in half lengthwise to make 4 pieces. Set aside.
Prepare the marinade. In a large glass bowl combine lemon juice, honey, water, garlic and basil.
Place chicken in the marinade bowl and toss so that all the breasts are covered with marinade. Cover, refrigerate and marinate for one hour.
When chicken has marinated, heat olive oil in a non-stick pan, on high heat. Remove chicken from marinade, paying attention to remove all the garlic and basil leaves that may have stuck to the breasts.
When pan is very hot, brown chicken breasts 2 minutes per side. Pour the marinade in the pan and mix well to get all the meat juices. Bring to a boil and cook for one minute.
Reduce to a rapid simmer and cook for 5 more minutes, basting the sauce over the chicken breasts regularly.
Chicken is ready when no longer pink inside.
To serve, place chicken on a plate, and spoon sauce on top. Scatter fresh basil and serve.
Sides suggestion: Mashed potatoes or mashed cauliflower. Ann chose herby fries!

This recipe was taken from notenoughcinnamon.com a blog by Marie and was tried and tested by Ann McPhie.