

# LEKKER LEMON LUNCH

## LEMON & HERB CHICKEN NAANWICHES

Makes 8

Hands-on time: 30 minutes

Hands-off time: 30 minutes

### INGREDIENTS

#### For the naan:

3 cups self-raising wholewheat flour

½ tsp salt (optional)

1½ cups double cream plain yoghurt

#### For the quick red onion pickle:

1 small red onion, finely sliced

2 tbsp Brookes Tru-Lem Lemon Juice

1 tsp sugar

#### For the lemon & herb chicken:

4 chicken breasts, cut into 2cm cubes

1 tsp each salt and pepper

4 garlic cloves, crushed

1 tsp dried rosemary

4 tbsp Brookes Tru-Lem Lemon Juice

#### Serving suggestion:

Rocket

Cucumber yoghurt sauce

Fresh chopped chives

### METHOD

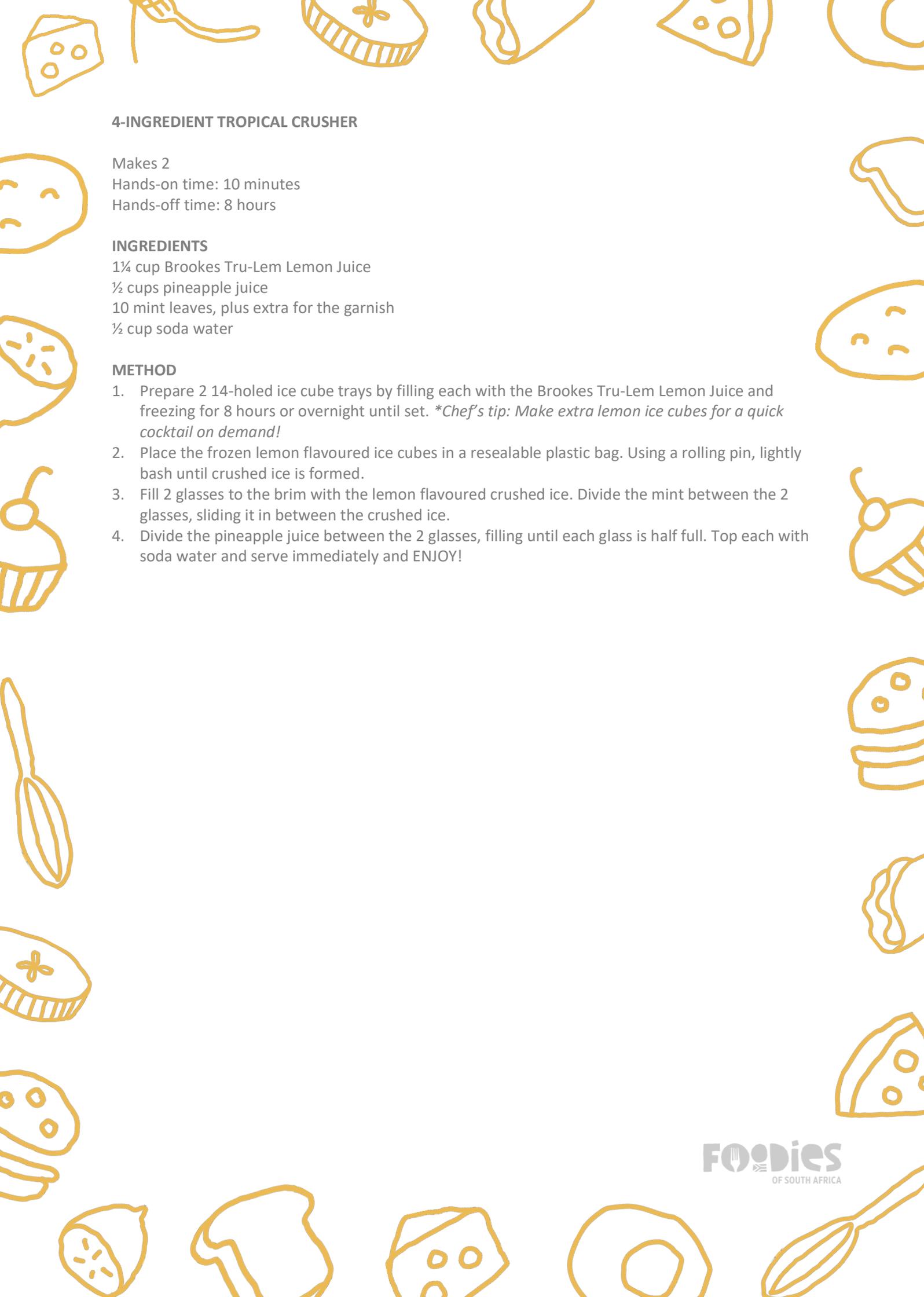
#### For the naan:

1. In a large mixing bowl, combine the self-raising wholewheat flour, salt, if using, and yoghurt to form a dough.
2. Turn the dough out onto a lightly floured surface and knead for 8 minutes or until smooth.
3. Divide the dough into 8 evenly-sized balls. Using a floured rolling pin, flatten the balls into 12cm disks. *\*Chef's Tip: Use a sturdy bottle if you don't have a rolling pin.*
4. Heat a medium-sized oiled pan. Once hot, place a naan disk into the pan and toast each side until golden brown, about 4 minutes per side. *\*Chef's Tip: Brush with garlic butter if desired.*

#### For the red onion pickle:

5. Add the sliced onion, ½ cup hot water, Brookes Tru-Lem Lemon Juice and sugar to a small bowl. Set aside for 30 minutes to allow the flavours to infuse and strain the liquid for assembling later.





#### 4-INGREDIENT TROPICAL CRUSHER

Makes 2

Hands-on time: 10 minutes

Hands-off time: 8 hours

#### INGREDIENTS

1¼ cup Brookes Tru-Lem Lemon Juice

½ cups pineapple juice

10 mint leaves, plus extra for the garnish

½ cup soda water

#### METHOD

1. Prepare 2 14-holed ice cube trays by filling each with the Brookes Tru-Lem Lemon Juice and freezing for 8 hours or overnight until set. *\*Chef's tip: Make extra lemon ice cubes for a quick cocktail on demand!*
2. Place the frozen lemon flavoured ice cubes in a resealable plastic bag. Using a rolling pin, lightly bash until crushed ice is formed.
3. Fill 2 glasses to the brim with the lemon flavoured crushed ice. Divide the mint between the 2 glasses, sliding it in between the crushed ice.
4. Divide the pineapple juice between the 2 glasses, filling until each glass is half full. Top each with soda water and serve immediately and ENJOY!