

Chicken Breast with Vegetables

INGREDIENTS FOR 1 PERSON

- 2 slices of chicken breast, approximately 200 grams.
- 1 mixture of aromatic herbs.
- 1 lemon.
- Iodized salt, to taste.
- 2 teaspoons of extra virgin olive oil.

PREPARATION

- 200 grams of broccoli or cauliflower florets.

PROCEDURE

- Place the chicken breast slices in a dish and marinate them in lemon juice with aromatic herbs for about 1 hour, covered with plastic wrap, and let them rest in the refrigerator.
- Drain the chicken breast, place it in the steamer basket, and steam for approximately 10-12 minutes (ensure that the steamer water is boiling but does not touch the basket).
- Serve hot with 2 teaspoons of extra virgin olive oil drizzled on top. Season with iodized salt to taste.
- Steam the broccoli or cauliflower florets in the basket for about 5-7 minutes.
- Dress with 2-3 teaspoons of extra virgin olive oil and iodized salt to taste.