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Dinner Suggestions

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fact sheet

The dinner is usually seen as the main meal of the day. As such it is more substantial than the previous meals. It is important here to keep to the portion sizes and not go for seconds, i.e. 'the one-plate rule'. Having a plain steak, fish or seafood with plain vegetables and lettuce is simple and straight forward and will suffice for an easy appetizing dinner.

Mediterranean chicken

Ingredients:

600 grams (1.5 pounds) chicken breast fillets
1 tablespoon chopped rosemary
2 cloves garlic, minced
1 tablespoons Dijon mustard
2 tablespoons olive oil
1 lemon
Sea salt
Freshly ground black pepper

Serves: 4

Combine garlic and rosemary in a small bowl. Add the Dijon mustard, olive oil and the juice and zest of the lemon. Stir well and season to taste. Pour over chicken in a non-reactive dish (i.e. glass or china) and marinate covered for at least half an hour or overnight in the fridge.

Cook chicken in a pre-heated hot BBQ or under a grill. When cooked on the first side, turn over the chicken and reduce the heat to medium and continue cooking until cooked through. Chicken should still be moist with no pink juices when pierced (i.e. juices run clear).

Serve with Greek salad or another salad side dish.