



BAKED BUTTER CHICKEN FILLETS

Ingredients

- .85 lb (about .4 kg) of chicken fillet (chicken tenders sliced crosswise in half for thinner meat)
- 1/4 tsp salt, plus additional salt for sprinkling
- 1/4 tsp fresh ground pepper
- juice of a quarter of a lime
- 3 tbsps unsalted butter, softened enough to spread with a brush or spoon over meat
- 1 sprig of rosemary, remove the leaves and chop

Preparation

1. Mix 1/4 tsp salt, pepper and lime in a medium bowl. Mix chicken in the mixture, cover with plastic wrap and marinate for half an hour in the fridge.
2. Pre-heat oven to 350°F. Take out chicken from your marinade and lay the pieces flat (smooth/pretty side up) on an oven-safe glass dish. From about a foot above the dish, lightly sprinkle the fillets with salt. Turn over, and sprinkle again.
3. Brush the top of each chicken fillet with softened butter.
4. Bake in the oven for about 20 minutes. Turn off the oven and take out the baking dish. Sprinkle the chicken with rosemary and cover with aluminum foil. Place it back in the oven (still turned off) for 10 minutes. Serve with vegetables and/or rice. The chicken is tasty enough to be eaten without the need for gravy.

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