



Heart Failure Warriors Crisp Circuit Meals

Tailored for heart failure-friendly, low-sodium meals with vegetarian options and air fryer friendly ingredients.

Project 001 Part b – Lemon Peppered Chicken Breast

Ingredients

- 2 chicken breasts (trimmed)
- 1 tbsp lemon juice
- 1 tsp olive oil
- 1 tsp no-salt lemon pepper seasoning
- 1 clove garlic (minced)
- Optional: pinch of paprika or dried thyme

Directions

1. In a bowl, mix lemon juice, olive oil, garlic, and lemon pepper seasoning. Coat chicken breasts and let marinate for 10–15 mins.
2. Place chicken breasts in the air fryer basket.
3. Air fry at 180°C for 20 minutes.
4. Flip the chicken after 10 mins.
5. Chicken should reach 75°C internally.
6. Garnish with herbs and a squeeze of lime.

Alternatives

Serve with a side salad or a dollop of low-fat Greek yoghurt for extra flair!