



LEMON OREGANO CHICKEN

with Kumara, Spinach & Feta Toss



Add feta to veggies for a creamy finish



Lemon



Garlic



Oregano



Thyme



Chicken Breast



Red Onion



Kumara



Green Beans



Baby Spinach Leaves



Feta

Hands-on: **20 mins**
Ready in: **35 mins**

Eat me early

Low calorie

Simple, clean flavours are the highlight of this Mediterranean-inspired dish. This combination of vegetables is well loved by the Greeks, so you can trust that this simple side will hit the spot. Paired with fragrant oregano chicken, you'll only wish you were eating this dish by the sea in Santorini.

Pantry Staples: Olive Oil

BEFORE YOU START

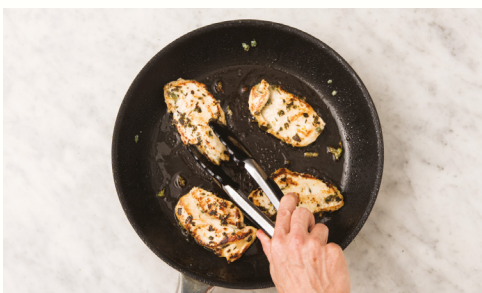
Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan**



1 FLAVOUR THE CHICKEN

Preheat the oven to **220°C/200°C fan-forced**. Zest the **lemon** to get a **pinch**, then slice in half. Finely grate the **garlic** (or use a garlic press). Pick and tear the **oregano** leaves. Pick the **thyme** leaves. In a medium bowl, combine the garlic, thyme, oregano, lemon zest, a **generous pinch** of **salt** and a squeeze of **lemon juice**. **Drizzle** with **olive oil**. Place your hand flat on top of a **chicken breast** and use a sharp knife to slice through horizontally to make two steaks. Repeat with the remaining chicken, add to the marinade and toss to coat. Set aside.



4 COOK THE CHICKEN

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken steaks** and cook for **3-5 minutes** on each side (depending on thickness), or until cooked through. Transfer to a plate to rest.

TIP: The chicken is cooked when it is no longer pink inside.



2 ROAST THE VEGGIES

Slice the **red onion** into 3cm thick wedges. Cut the **kumara** (unpeeled) into 1cm chunks. Place the red onion and kumara on an oven tray lined with baking paper and drizzle with **olive oil**. Season with a **good pinch** of **salt** and **pepper**. Toss to coat then roast for **20-25 minutes** or until tender.

TIP: Cut the veggies to the correct size so they cook in the allocated time!



5 MAKE THE VEG & FETA TOSS

Add the **baby spinach leaves**, roasted **veggies** and a **good squeeze** of **lemon juice** to the bowl with the green beans. Crumble over most of the **feta** (see **ingredients list**) and season with a **pinch** of **salt** and **pepper**. Toss to combine.



3 COOK THE BEANS

While the veggies are roasting, trim the **green beans** and cut into thirds. In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the green beans and a **dash** of **water** and cook for **4-5 minutes** or until softened. Transfer to a large bowl.



6 SERVE UP

Thickly slice the lemon oregano chicken. Divide the kumara, spinach and feta toss and chicken between plates. Crumble the remaining feta (see **ingredients list**) over the dish.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
lemon	½	1
garlic	1 clove	2 cloves
oregano	1 bunch	1 bunch
thyme	1 bunch	1 bunch
chicken breast	1 packet	1 packet
red onion	1	2
kumara	2	4
green beans	1 bag (200 g)	1 bag (400 g)
baby spinach leaves	1 bag (60 g)	1 bag (120 g)
feta	¼ block (50 g)	½ block (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2110kJ (503Cal)	336kJ (80Cal)
Protein (g)	49.1g	7.8g
Fat, total (g)	14.1g	2.2g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	39.8g	6.4g
- sugars (g)	17.9g	2.9g
Sodium (g)	490mg	78mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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