

LEMON OREGANO CHICKEN

with Sweet Potato, Spinach & Fetta Toss





Add fetta to veggies for a creamy finish











Oregano



Chicken Breast



Red Onion





Sweet Potato





Baby Spinach



Pantry Staples: Olive Oil



Eat me early

Hands-on: 20 mins Ready in: 35 mins





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.

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



Preheat the oven to 220°C/200°C fanforced. 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.

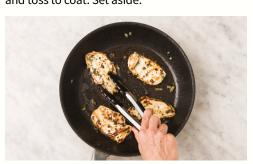


2 ROAST THE VEGGIES
Slice the red onion into 3cm thick wedges. Cut the sweet potato (unpeeled) into 1cm chunks. Place the red onion and sweet potato on an oven tray lined with baking paper and drizzle with olive oil. Season with a good pinch of salt and pepper. Toss to coat then roast for 20-25 minutes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

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



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.



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.



MAKE THE VEG & FETTA TOSS
Add the baby spinach leaves, roasted veggies and a good squeeze of lemon juice to the bowl with the green beans. Crumble over 1/2 the fetta and season with a pinch of salt and pepper. Toss to combine.



Thickly slice the lemon oregano chicken.
Divide the sweet potato, spinach and fetta
toss and chicken between plates. Crumble the
remaining fetta over the dish.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
lemon	1/2	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
sweet potato	2	4
green beans	1 bag (200 g)	1 bag (400 g)
baby spinach leaves	1 bag (60 g)	1 bag (120 g)
fetta	1 block (50 g)	1 block (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2180kJ (522Cal)	348kJ (83Cal)
Protein (g)	49.9g	8.0g
at, total (g)	16.2g	2.6g
saturated (g)	6.9g	1.1g
Carbohydrate (g)	39.3g	6.3g
sugars (g)	17.7g	2.8g
Sodium (g)	407mg	65mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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