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Oregano Chicken with Green Beans, Olives & Potatoes

Simple, clean flavours are the highlight of this Mediterranean inspired dish. The concept of the side dish was first invented by an Italian, so you can trust that this simple combination will hit the spot. Paired with fragrant oregano, you'll wish you were eating this dish by the olive groves in Tuscany.



Prep: 10 mins



Cook: 35 mins



Total: 45 mins



level 1



eat me
early

Pantry Items



Olive Oil



Potatoes



Garlic



Lemon



Oregano



Free Range
Chicken Breast



Red Onion



Green Beans



Pitted Kalamata
Olives

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QTY	Ingredients
1 kg	potatoes, peeled, washed thoroughly & cut into 3 cm chunks
2 cloves	garlic, peeled & crushed
½	lemon, zested & juiced
2 tbs	olive oil *
1 bunch	oregano, finely chopped
4-5 fillets	free range chicken breast
1	red onion, cut into thick wedges
1 large packet	green beans, trimmed
1 tub	pitted kalamata olives (caution: check for pits)

- ⊕ Ingredient features in another recipe
- * Pantry Items
- 🌿 Pre-preparation

Nutrition per serve		
Energy	2260	Kj
Protein	46.3	g
Fat, total	20.1	g
-saturated	4.7	g
Carbohydrate	39.1	g
-sugars	4.5	g
Sodium	303	mg



You will need: chef's knife, chopping board, garlic crusher, zester, large saucepan with lid, colander, medium bowl, oven tray lined with baking paper, large ovenproof frying pan and tongs.

- 1 Preheat the oven to **200°C/180°C** fan-forced.
- 2 Place the **potato** in a large saucepan. Cover with water and place over a high heat. Bring to the boil and cook for **10-15 minutes**, or until just tender. Drain and return the potato back to the saucepan. Cover with a lid and shake the saucepan vigorously to roughen up the edges (this will make the potato crunchy on the outside and fluffy in the centre).
- 3 Meanwhile, combine the **garlic**, **lemon zest**, half of the lemon juice, half of the **olive oil**, and half of the **oregano** in a medium bowl. Season with **salt** and **pepper**. Add the **chicken breast** and toss to coat well. Set aside.
- 4 Once the potato is cooked, transfer it to the prepared oven tray, with the **red onion**, **green beans** and pitted **kalamata olives** (you can place these on the side of the tray when cooking if the kids don't like olives). Drizzle with the remaining olive oil and toss to coat well. Season with salt and pepper and sprinkle with the remaining oregano. Cook in the oven for **20 minutes**, or until the potato is golden.
- 5 Meanwhile heat a large ovenproof frying pan over a medium-high heat and cook the chicken for **2 minutes** on each side. Transfer the chicken to the oven for a further **12-15 minutes** (to cook alongside the veggies), or until the chicken is cooked through. Cooking times may vary depending on the thickness of the chicken breasts.
Tip: If you don't have an ovenproof frying pan, transfer the chicken to a baking dish or oven tray.
- 6 To serve, divide the vegetables and oregano chicken between plates. Pour the remaining lemon juice over the top. Enjoy!