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Butterflied Chicken with Leek, Fetta & Rosemary Potatoes

A few simple touches in this meal make it something really special. Finishing the butterflied chicken breast with sweet sautéed leek and sharp creamy feta allows it to absorb all of those lovely flavours and stay nice and moist to boot. Meanwhile rosemary (our fave!), gives the potatoes a rich aromatic quality.

 **Prep:** 15 mins
 **Cook:** 25 mins
 **Total:** 40 mins

 level 1

 eat me first

 gluten free

Pantry Items



Butter



Olive Oil



Potatoes



Green Beans



Rosemary



Free Range
Chicken Breast



Leeks



Fetta Cheese



Lemon

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QTY	Ingredients	
¾ pack	potatoes, chopped into 3 cm chunks	🌿
1 packet	green beans, trimmed & sliced in half	
2 tbs	butter *	
1 bunch	rosemary, leaves picked & finely chopped	
4-5 fillets	free range chicken breast, sliced in half horizontally	🌿
1 tbs	olive oil *	
2	leeks, finely sliced	🌿
1 block	fetta cheese, crumbled	
1	lemon, sliced into wedges	

🌿
Ingredient features in another recipe

*
Pantry Items

🌿
Pre-preparation

Nutrition per serve

Energy	2430	Kj
Protein	49.5	g
Fat, total	25.6	g
-saturated	11.3	g
Carbohydrate	35.5	g
-sugars	2.7	g
Sodium	409	mg



You will need: *chef's knife, chopping board, large saucepan, colander, grill tray lined with baking paper, tongs, medium frying pan and wooden spoon.*

- 1 Preheat the grill to a high heat.
- 2 Place the **potato** in a large saucepan of cold salted water. Bring the potato to the boil and cook for **15 minutes**, or until soft when pricked with a knife. Add the **green beans** in the last **2 minutes** of the potato cooking time. Drain and return the potato and beans back to the saucepan. Toss with the **butter** and **rosemary**, and season with **salt and pepper**. Set aside.
- 3 Meanwhile, lay the **chicken breast** on the prepared grill tray. Rub the chicken with half of the **olive oil**. Season with salt and pepper. Place the tray under the grill for **10 minutes** (ensure the chicken does not touch the open flame), turning halfway, until the chicken is just cooked through.
- 4 While the chicken is under the grill, heat the remaining olive oil in a medium frying pan. Add the **leek** and cook for **8-10 minutes**, or until soft and sweet. Remove from the heat. Add the crumbled **fetta cheese** to the leek and season to taste with pepper. Spoon the fetta and leek mixture on top of the chicken breast and return to the grill for **1-2 minutes**, or until crispy.
- 5 To serve, divide the leek and fetta chicken, rosemary potato and beans, and **lemon** wedges between plates. Enjoy!

Did you know? The Ancient Greek's believed that rosemary was magical and could strengthen memory.