

Oregano Chicken with Crispy Potato, Beans & Olive Medley

Simple, clean flavours are the highlight of this Mediterranean inspired dish. The concept of the salad 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:** 30 mins **Total:** 40 mins



level 1



lactose free



eat me early

Pantry Items



Olivo Oil



Potatoe



Red Onio



Green Beans



Pitted Kalamata



Dried Oregano



Garli



Lamar



Chicken Breast

2P	4P	Ingredients	
400 g	800 g	potatoes, washed & cut into 1 cm cubes	
1/2	1	red onion, cut into 5 mm thick wedges	4
1 bag	2 bags	green beans, trimmed	
1 tub	2 tubs	pitted kalamata olives (check for pits)	
1 tbs	2 tbs	olive oil *	
1 sachet	2 sachets	dried oregano	
1 clove	2 cloves	garlic, peeled & crushed	
1/2	1	lemon, zested & juiced	
2 fillets	4 fillets	chicken breast	

#	Ingredient features in another recipe
*	Pantry Items

Nutrition	per serve

Pre-preparation

Nutrition per serve				
Energy	2260	Kj		
Protein	45.1	g		
Fat, total	23.9	g		
-saturated	5.7	g		
Carbohydrate	32.9	g		
-sugars	5	g		
Sodium	533	mg		



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

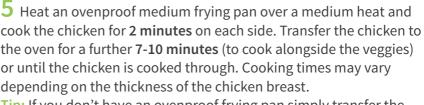
- 1 Preheat the oven to 200°C/180°C fan-forced.
- 2 Place the **potato** in a large saucepan. Cover with water and place over a high heat. Bring to the boil and cook for **10 minutes** or until just tender. Drain and return the potato back to the saucepan. Cover with a lid and shake the saucepan vigorously to roughen up the edges.



3 Transfer the potato to the prepared oven tray, with the **red onion**, **green beans** and **kalamata olives**. Drizzle with half of the **olive oil** and toss to coat well. Season with **salt** and **pepper** and sprinkle with half of the **dried oregano**. Cook in the oven for **25-30 minutes** or until the potato is golden.



4 Meanwhile, mix the remaining olive oil, garlic, lemon zest, half of the lemon juice, and the remaining oregano in a medium bowl with salt and pepper. Add the chicken breast and toss to coat well.



Tip: If you don't have an ovenproof frying pan simply transfer the chicken to a lined oven tray after pan-frying as instructed.



6 To serve, divide the warm potato salad and oregano chicken between plates. Squeeze the remaining lemon juice over the chicken and vegetables and enjoy!