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WK37  
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## 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



Olive Oil



Potatoes



Red Onion



Green Beans



Pitted Kalamata  
Olives



Dried Oregano



Garlic



Lemon



Chicken Breast

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2P	4P	Ingredients
400 g	800 g	potatoes, washed & cut into 1 cm cubes
½	1	red onion, cut into 5 mm thick wedges
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
½	1	lemon, zested & juiced
2 fillets	4 fillets	chicken breast

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 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

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**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.

**5** Heat an ovenproof medium frying pan over a medium heat and cook the chicken for **2 minutes** on each side. Transfer the chicken to the oven for a further **7-10 minutes** (to cook alongside the veggies) or until the chicken is cooked through. Cooking times may vary depending on the thickness of the chicken breast.

**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!

