

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 fetta 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











Potatoes





Rosemary



Free Range Chicken Breast









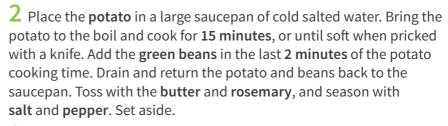
QTY	Ingredients	
¾ pack	potatoes, chopped into 3 cm chunks	
1 packet	green beans, trimmed & sliced in half	
2 tbs	butter *	
1 bunch	rosemary, leaves picked & finely chopped	
4-5 fillets	free range chicken breast, sliced in half horizontally	
1 tbs	olive oil *	
2	leeks, finely sliced	
1 block	fetta cheese,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

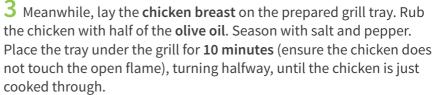
1	Ingredient features in another recipe				
	* Pantry Items				
	Pre-preparation				
1	Nutrition per serve				
,	Energy	2430	Kj		
	Protein	49.5	g		
	Fat, total	25.6	g		
	-saturated	11.3	g		
	Carbohydrate	35.5	g		
	-sugars	2.7	g		
	Sodium	409	mg		



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







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.