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Oregano Chicken with Green Beans & Crispy Potatoes

Simple, clean flavours are the highlight of this Mediterranean-inspired dish. This combination of vegetables is well loved by the Italians, so you can trust that this simple side 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



lactose
free



eat me
early

Pantry Items



Olive Oil



Potatoes



Garlic



Lemon



Dried Oregano



Chicken Breast



Red Onion



Green Beans



Pitted Kalamata
Olives

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QTY	Ingredients
1 kg	potatoes, peeled & cut into 3 cm chunks
2 cloves	garlic, peeled & crushed 
1	lemon, zested & juiced
2 tbs	olive oil *
2 tsp	dried oregano
700 g	chicken breast
1	red onion, cut into thick wedges
300 g	green beans, trimmed
1 pouch	pitted kalamata olives (caution: check for pits)

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2410	Kj
Protein	46.7	g
Fat, total	23.9	g
-saturated	5.7	g
Carbohydrate	39.5	g
-sugars	5.1	g
Sodium	535	mg

3a



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

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 potatoes 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 **dried oregano** in a medium bowl. Season with **salt** and **pepper**. Add the **chicken breast** and toss to coat well. Set aside.

3b



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 potatoes are golden.

5 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.

4



5



6 To serve, divide the vegetables and oregano chicken between plates. Pour the remaining lemon juice over the chicken and vegetables.