



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Garlic

The smell of garlic can be removed by running your hands under cold water while rubbing a stainless steel object!



B2 Greek Chicken Tray Bake

An easy tray bake of garlic, oregano vegetables tossed with feta and olives, served with roast lemon chicken.

 30 minutes

 2 servings

 Chicken

4 March 2022

Switch it up!

If you prefer more crispy vegetables you can roast them on an oven tray instead of braising them in the lemon juice and olive oil. You can toss through fresh oregano or rosemary if you have some.

FROM YOUR BOX

| | |
|-----------------------|-----------------|
| MEDIUM POTATOES | 2 |
| COURGETTES | 3 |
| RED CAPSICUM | 1 |
| GARLIC CLOVE | 1 |
| LEMON | 1 |
| CHICKEN BREAST FILLET | 300g |
| PARSLEY | 1 bunch |
| ANTIPASTO MIX | 1 packet (250g) |

FROM YOUR PANTRY

oil for cooking, olive oil, dried oregano, salt and pepper

KEY UTENSILS

oven dish, oven tray

NOTES

To speed up the cooking time of potatoes you can slice them instead. Cover the oven dish with foil or an oven tray.

Slashing the chicken will speed up the cooking time. You can bake it in the oven dish with the vegetables if you have room, simply remove the cover for the last 5 minutes for a golden finish.



1. PREPARE THE VEGETABLES

Set oven to 250°C.

Wedge or dice potatoes (see notes). Chop courgettes and capsicum. Toss in a lined oven dish with 1 crushed garlic clove.



2. BAKE THE VEGETABLES

Zest lemon and set aside. Squeeze lemon juice into dish. Add **1/2 tsp dried oregano**, **2 tbsp olive oil** and **1/4 cup water**. Toss with **salt and pepper**. Cover and bake in oven for 20 minutes until cooked through (see notes).



3. ROAST THE CHICKEN

Slash chicken. Coat with reserved lemon zest, **oil, salt and pepper**. Place on a lined oven tray and roast for 15 minutes or until cooked through (see notes).



4. TOSS THE VEGETABLES

Rinse and chop parsley. Toss half through vegetables along with antipasto mix.



5. FINISH AND SERVE

Slice chicken and arrange on top. Garnish with remaining chopped parsley to taste and serve at the table.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

