



Everything But The Chef

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Oregano Chicken with Green Beans & Kalamata Olives

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.

Pantry Items: Olive Oil

Prep: 10 mins
Cook: 35 mins
Total: 45 mins

level 1
 paleo
 high protein

gluten free
 eat me first



Potatoes



Red Onion



Green Beans



Kalamata Olives



Oregano



Garlic



Lemon



Chicken Breast

2P	4P	Ingredients
450 g	900 g	potatoes, washed & cut into 1 cm cubes
1	2	red onion, cut into 5 mm thick wedges
100 g	200 g	green beans, trimmed
⅓ cup	⅔ cup	pitted kalamata olives (check for pits)
1 tbs	2 tbs	olive oil *
1 bunch	2 bunches	oregano, leaves picked & finely chopped
1 clove	2 cloves	garlic, peeled & crushed
½	1	lemon, zested & juiced
2 fillets	4 fillets	chicken breasts

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2180	Kj
Protein	33.9	g
Fat, total	24.7	g
-saturated	5.7	g
Carbohydrate	37	g
-sugars	4.1	g
Sodium	750	mg

Measuretool

0 cm	1 cm	2 cm



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

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **potatoes** in a large saucepan. Cover them 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 potatoes 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 **oregano**. Cook in the oven for **20 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 breasts** 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 breasts.

Tip: If you don't have an ovenproof frying pan simply transfer the chicken on 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!

Did you know? Oregano is richest in antioxidants compared to all other herbs, and even has four times the antioxidant power of blueberries.