



Peppery Lemon Chicken & Roast Potatoes

with Garlic Sauce & Cherry Tomato-Fetta Salad

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Garlic



Lemon Pepper Seasoning



Snacking Tomatoes



Salad Leaves



Chicken Breast

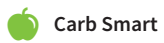


Fetta Cubes



Garlic Sauce

Prep in: 25-35 mins
Ready in: 35-45 mins



Carb Smart

Eat Me Early

Tonight, it's all about simple and classic - lemon-pepper chicken, herby potatoes roasted to golden perfection, and, to keep the carbs down, a salad brimming with all the good stuff.

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic	1 clove	2 cloves
chicken breast	1 small packet	1 large packet
lemon pepper seasoning	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
snacking tomatoes	1 punnet	2 punnets
balsamic vinegar*	drizzle	drizzle
salad leaves	1 medium bag	1 large bag
fetta cubes	1 small packet	1 medium packet
garlic sauce	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1880kJ (449Cal)	350kJ (84Cal)
Protein (g)	42.9g	8g
Fat, total (g)	15.2g	2.8g
- saturated (g)	4g	0.7g
Carbohydrate (g)	33g	6.1g
- sugars (g)	8.6g	1.6g
Sodium (mg)	1167mg	217mg
Dietary Fibre (g)	8.2g	1.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the potato

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **pepper**. Toss to coat.
- Roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the potato between two trays.

2



Flavour the chicken

- Meanwhile, finely chop **garlic**.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **garlic**, **lemon pepper seasoning**, the **brown sugar** and a drizzle of **olive oil**. Season with **pepper**. Add **chicken**, turning to coat.

3



Start the salad

- Halve **snacking tomatoes**.

4



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken** until cooked through, **3-5 minutes** each side (depending on thickness).

TIP: Chicken is cooked through when it's no longer pink inside.

5



Finish the salad

- Meanwhile, combine a drizzle of **balsamic vinegar** and **olive oil** in a large bowl.
- Season, then add **salad leaves** and **tomatoes**.
- Crumble in **fetta cubes**. Toss to combine.

6



Serve up

- Slice lemon pepper chicken.
- Divide chicken, roast potatoes and cherry tomato-fetta salad between plates.
- Drizzle **garlic sauce** over chicken to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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