



Product Spotlight: Garlic

Remove the smell of garlic from your hands by running them under cold water while rubbing a stainless steel object!



Garlic Parmesan Chicken with Potatoes

Cajun roasted chicken breast with baby potatoes, tossed in a garlic lemon sauce and shaved parmesan cheese, served with a side of green beans.



30 minutes



2 servings



Chicken

1 September 2023

Slow cook it!

Add all the ingredients with butter and 1 cup water to the slow cooker for an easy one-pot meal! Garnish with parmesan cheese at the end.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	64g	34g	64g

FROM YOUR BOX

BABY POTATOES	500g
ROSEMARY SPRIG	1
CHICKEN BREAST (SKIN ON)	300g
FAMILY CAJUN SPICE MIX	1 packet
GREEN BEANS	150g
LEMON	1
GARLIC CLOVE	1
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, butter, cornflour

KEY UTENSILS

2 oven trays, frypan

NOTES

You can add all the cajun spice mix if preferred, otherwise any leftovers are great on grilled protein or roast vegetables! Roast chicken on same tray as potatoes if there is room.

Family cajun spice mix: ground paprika, garlic powder, dried thyme and celery salt.



1. ROAST THE POTATOES

Set oven to 250°C.

Halve or quarter potatoes. Toss on a lined oven tray with chopped rosemary leaves, **oil, salt and pepper**. Roast for 25 minutes or until cooked through (finish at step 5).



2. ROAST THE CHICKEN

Cut chicken breast in half to make 2 pieces. Coat with 1/2 cajun spice mix, **oil, salt and pepper** (see notes). Roast on a lined oven tray for 20-25 minutes until cooked through.



3. COOK THE BEANS

Bring a frypan of water to a simmer. Trim and add beans. Cook for 5 minutes until tender. Drain and set aside. Reserve pan.



4. PREPARE THE SAUCE

Reduce frypan to medium heat. Add **25g butter** to melt. Whisk in **1/2 tbsp cornflour** and **1 cup water** until combined. Slice and add 1/4 lemon and 1 crushed garlic clove. Increase heat to medium-high. Simmer for 5 minutes until thickened.



5. FINISH THE POTATOES

Toss cooked potatoes and 1/4 cup parmesan into sauce until combined. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide potatoes, chicken and beans among plates. Garnish with remaining parmesan to taste. Wedge lemon to serve.



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