



Product Spotlight: Garlic

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



Greek Chicken

with Crispy Potatoes and Tzatziki

Oven-roasted chicken seasoned with lemon and garlic and served with crispy potato cubes, fresh salad and cool tzatziki sauce.



30 minutes



2 servings



Chicken

7 April 2023

Add some herbs!

Add some fresh rosemary to the chicken or some fresh sliced mint or crushed garlic to the tzatziki if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	13g	69g

FROM YOUR BOX

MEDIUM POTATOES	3
CHICKEN BREAST FILLET	300g
LEMON	1
GARLIC CLOVE	1
LEBANESE CUCUMBER	1
NATURAL YOGHURT	1 tub
TOMATO	1
MESCLUN LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

oven tray

NOTES

The oven is set to 250°C to crisp the potatoes quickly. You can set the temperature at 220°C and cook the potatoes for longer if preferred.



1. ROAST THE POTATOES

Set oven to 250°C (see notes).

Dice potatoes and toss on a lined oven tray with **1 tsp oregano, oil, salt and pepper**.



2. ROAST THE CHICKEN

Cut chicken fillet in half to make 2 pieces. Coat with lemon zest, crushed garlic clove, **oil, salt and pepper**. Add to tray along with 1/2 sliced lemon. Roast for 25–30 minutes or until cooked through.



3. MAKE THE TZATZIKI

Grate cucumber and squeeze out excess liquid. Combine with yoghurt. Season with **salt and pepper**.



4. PREPARE THE SALAD

Whisk 1/2 tbsp lemon juice with 1/2 tbsp olive oil in a large bowl. Wedge tomato. Toss with mesclun leaves and dressing.



5. FINISH AND SERVE

Serve chicken with potatoes, salad and tzatziki for dipping.



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