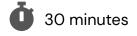




# **Greek Chicken Tray Bake**

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







# 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.



