



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



4 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
	62g	31g	61g

FROM YOUR BOX

BABY POTATOES	1kg
ROSEMARY SPRIG	1
CHICKEN BREAST (SKIN ON)	600g
FAMILY CAJUN SPICE MIX	1 packet
GREEN BEANS	250g
LEMON	1
GARLIC CLOVES	2
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, butter, cornflour

KEY UTENSILS

2 oven trays, frypan

NOTES

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, **oil, salt and pepper**. Roast for 25 minutes until cooked through (finish at step 5).



2. ROAST THE CHICKEN

Cut chicken breasts in half to make 4 pieces. Coat with cajun spice mix, **oil, salt and pepper**. 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 **50g butter** to melt. Whisk in **1 tbsp cornflour** and **2 cups water** until combined. Slice and add 1/3 lemon and 2 crushed garlic cloves. Increase heat to medium-high. Simmer for 5 minutes until thickened.



5. FINISH THE POTATOES

Toss cooked potatoes and 1/2 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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