



Product Spotlight: Lemon

When zesting lemons, make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



Cheesy Lemon Pesto Chicken with Potatoes

Chicken tenderloins baked in a creamy cheese and lemon pesto sauce, served with golden roast potato cubes and tender green beans on the side.



35 minutes



2 servings



Chicken

Switch it up!

Don't feel like making the pesto? You can coat the chicken with almond meal and pan fry until golden instead! Add the cheese to the potatoes or to the vegetables.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	22g	27g

FROM YOUR BOX

MEDIUM POTATOES	3
PARMESAN CHEESE	1 packet
ALMOND MEAL	40g
LEMON	1
CHICKEN TENDERLOINS	300g
GREEN BEANS	150g
CHERRY TOMATOES	200g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

oven tray, stick mixer or blender, oven dish, frypan

NOTES

You can add some fresh oregano, basil or rosemary to the pesto for flavour instead of the dried oregano.

You can add the vegetables to the same dish as the chicken to cook all together if preferred. Increase cook time as needed.



1. ROAST THE POTATOES

Set oven to 220°C.

Dice **potatoes** and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 25–30 minutes until golden and cooked through.



4. SAUTÉ THE VEGETABLES

Meanwhile, heat a frypan over medium heat with **olive oil**. Trim **beans** and halve **tomatoes** (see notes). Add to pan and cook for 5 minutes until tender.



2. MAKE THE PESTO

Blend together **1/2 packet parmesan cheese, almond meal, lemon zest and juice, 1 tsp oregano, 3 tbsp olive oil and 1/4 cup water** using a stick mixer or blender to reach a pesto consistency (see notes). Season with **salt and pepper**.



5. FINISH AND SERVE

Serve cheesy baked **chicken** and **sauce** with **potatoes** and sautéed **vegetables**.



3. BAKE THE CHICKEN

Place **chicken** in a lined oven dish and season with **salt and pepper**. Spread **pesto** on top and layer with remaining **parmesan cheese** (to taste). Bake for 15 minutes until cheese is bubbling and chicken is cooked through.



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