



### Product Spotlight: Capers

Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into 'flavour buds' with a nice hit of salt and acid.



## Chicken Kyiv Tray-Bake

A simple dinner that is sure to please everyone at the table! Chicken breast fillets coated in lemon pepper lupin crumbs and served with a medley of tray-baked vegetables and a delicious Kyiv-style butter.



25 minutes



4 servings



Chicken

10 March 2023

### Switch it up!

*Instead of making the flavoured butter, switch it for a herby dressing. Substitute the butter for olive oil and mix it with the remaining flavoured butter ingredients. Drizzle over the tray bake to serve.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	16g	46g

## FROM YOUR BOX

POTATOES	800g
ZUCCHINI	1
RED ONION	1
CHERRY TOMATOES	2 x 200g
CHICKEN BREAST FILLETS	600g
LUPIN CRUMB	1 packet (40g)
PARSLEY	1 bunch
CAPERS	1 jar

## FROM YOUR PANTRY

oil for cooking, salt, pepper, butter, 1 garlic clove, dried marjoram

## KEY UTENSILS

2 oven trays

## NOTES

Grate butter to soften quickly. Mash together with other ingredients using a fork.



### 1. MAKE THE TRAY BAKE

Set oven to 220°C.

Dice potatoes and slice zucchini and red onion. Toss on a lined oven tray along with cherry tomatoes, **oil**, **1 tsp marjoram**, **salt and pepper**. Roast in oven for 20 minutes.



### 4. FINISH AND SERVE

Slice chicken.

Add chicken slices to tray bake and spoon over butter. Serve tray bake tableside with remaining parsley.



### 2. COAT THE CHICKEN

Slash chicken in 3-4 places. Coat with **oil**, **salt and pepper**. Pour lupin crumb onto a plate. Press chicken into crumb to coat and add it to a second lined oven tray. Drizzle **oil** over crumbed chicken and roast for 15-18 minutes until cooked through.



### 3. MAKE THE KYIV BUTTER

Finely slice 1/2 parsley leaves. Drain and rinse capers, roughly chop. Combine in a bowl with **crushed garlic clove**, **60g butter** (see notes), **salt and pepper**.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

