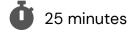






## Chicken Kyiv Tray-Bake

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.







# 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.

TOTAL FAT CARBOHYDRATES

10 March 2023

#### 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.



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.



### 4. FINISH AND SERVE

Slice chicken.

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



