




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.



F4 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, served with a medley of tray-baked vegetables and a delicious Kyiv-style butter.

 25 minutes

 4 servings

 Chicken

20 May 2022

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 tray bake to serve.

Per serve: **PROTEIN** 56g **TOTAL FAT** 16g **CARBOHYDRATES** 45g

FROM YOUR BOX

POTATOES	800g
ZUCCHINI	1
RED ONION	1
CHERRY TOMATOES	1 bag (400g)
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**

