

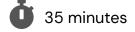




Lemon Myrtle Roast Chicken

with Green Olive Dressing

Luscious skin-on chicken breast fillet, roasted with a herbaceous lemon myrtle mix over white sweet potatoes served with a delectable green olive dressing and fresh watercress.







PROTEIN TOTAL FAT CARBOHYDRATES

52g 36g 59g

FROM YOUR BOX

WHITE SWEET POTATOES	1kg
SKIN-ON CHICKEN BREAST FILLETS	600g
MYRTLE HERB MIX	1 packet
GARLIC CLOVE	1
LEMON	1
OLIVES	1 jar
PARSLEY	1 packet
ZUCCHINI	1
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

oven tray

NOTES

Cut potato into wedges if desired.

Slashing the chicken helps it absorb more flavour and cook faster.

Myrtle herb mix: lemon myrtle flakes, lemon pepper, dried parsley, garlic powder, ground paprika, dried oregano.





1. PREPARE THE SWEET POTATO

Set oven to 220°C.

Cut sweet potato into angular pieces (see notes). Toss on a lined over tray with **oil**, salt and pepper.



2. ADD CHICKEN & ROAST

Slash chicken in 2-3 places (see notes). Coat with **oil**, myrtle herb mix and **salt**. Place on top of the potato and roast for 25-30 minutes until potatoes are tender and chicken is cooked through.



3. CRUSH THE OLIVES

Crush garlic. Zest lemon and juice 1/2 (wedge remaining). Add to a bowl as you go along with 1/4 cup olive oil. Drain olives. Add to bowl and use potato masher to crush.



4. FINISH THE DRESSING

Roughly chop parsley including tender stems. Dice zucchini. Add to olives and toss to combine.



5. FINISH AND SERVE

Trim watercress.

Serve traybake tableside along with olive dressing, fresh watercress and lemon wedges.





