



# Seared Chicken Bites

## with Baby Potatoes

Chicken breast cooked on skewers with roast rosemary baby potatoes and vegetables.



35 minutes



Chicken



4/6 servings

## FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	1kg	1.5kg
ROSEMARY	1 sprig	1 sprig
CHERRY TOMATOES	200g	2 x 200g
GREEN CAPSICUM	1	2
SHALLOTS	2	3
CHICKEN BREAST FILLETS	600g	600g + 300g

## FROM YOUR PANTRY

oil for cooking, salt and pepper

## NOTES

The chicken can be added to the tray to bake all together for a no fuss dinner. Add it on with the vegetables after the potatoes have been in the oven for 15 minutes.

Add some extra vegetables you may have in the fridge if you want a larger serve! You can use sweet potato, zucchini, cauliflower or pumpkin!

This dish can also be transformed into a chicken stew or curry! Simmer the chicken and vegetables (save rosemary for another dish) in a tomato base stew or curry sauce. Serve with rice or crusty bread!

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## 1. ROAST THE VEGETABLES

Set oven to 220°C.

Halve or quarter **potatoes**. Chop **rosemary** leaves. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 15 minutes. Halve **tomatoes**, slice **capsicum** and **shallot**. Add to oven tray and roast for a further 15 minutes or until all vegetables are cooked through.

**TIP** *If you're not a fan of rosemary you can use another dried herb or ground spice of choice!*

## 2. COOK THE CHICKEN

Dice and coat **chicken** with seasoning of choice (see tip). Thread onto skewers (optional). Heat a frypan or griddle pan over medium-high heat with **oil**. Cook skewers for 10-12 minutes, turning or until cooked through.

**TIP** *We used 2 tbsp chermoula paste and thread the chicken over 12 half sized skewers. You could use a ground spice, dried herb or marinade of choice. Smoked paprika, ground coriander, dried oregano, harissa paste or peri-peri marinade all work well!*

## 3. FINISH AND SERVE

Serve the **chicken** with **roast vegetables**.

**TIP** *You can serve this dish with aioli for dipping or lemon wedges!*

**This recipe has simplified instructions to help lower your meal cost.**