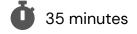




Roasted Chicken

with Green Bean Fig and Feta Salad

Chicken breast and carrots roasted in dried sage, served with a salad of green beans, dried fig, mint and feta.







Roast it up!

You can add any vegetables to the roasting tray, such as potatoes, pumpkin, sweet potato and garlic bulbs. Just add extra seasoning and roast until tender.

PROTEIN TOTAL FAT CARBOHYDRATES

53g

29g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
CHICKEN BREAST FILLET	300g
GREEN BEANS	1 bag (150g)
DRIED FIG+SUNFLOWER SEEDS	1 packet (50g)
MINT	1 packet (60g)
FETA CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried sage, vinegar of choice

KEY UTENSILS

oven tray, saucepan

NOTES

We used white wine vinegar, but you could use apple cider, balsamic or red wine if you have it on hand.



1. ROAST THE CHICKEN

Set oven to 220°C. Bring a saucepan of water to the boil.

Trim dutch carrots. Place on a lined oven tray with chicken. Slash chicken in 3-4 places. Coat in oil, 3 tsp dried sage, salt and pepper. Roast for 25-30 minutes until chicken is cooked through.



4. PREPARE THE SALAD

Roughly chop dried figs and mint leaves. Add to a bowl with blanched green beans and dressing along with seeds. Toss until well combined.



2. MAKE THE DRESSING

In a bowl whisk together 2 tbsp olive oil, 1 tbsp vinegar, salt and pepper.



3. BLANCH GREEN BEANS

Trim and halve green beans. Add to boiling water and blanch for 1-2 minutes. Drain and rinse with cold water.



5. FINISH AND SERVE

Slice chicken breast. Serve on plates with carrots and salad. Crumble feta over salad.



