




### Product Spotlight: Cannellini Beans

Cannellini beans contain a specific antioxidant called ferulic acid, which is proven to help protect skin by preventing sun damage!



## 2 Herby Chicken with Lemon Cannellini Beans

Roasted skin-on tarragon chicken breast served with sautéed lemony green vegetables and cannellini beans.

 35 mins

 4 servings

 Chicken

7 May 2021

### Spice it up!

*If you have some potatoes or other root vegetables lying around, thinly slice them and place them in your oven tray, underneath the chicken. They will cook up beautifully with all juices from the chicken.*

Per serve: **PROTEIN** 43g **TOTAL FAT** 15g **CARBOHYDRATES** 26g



## FROM YOUR BOX

CHICKEN BREAST	600g
LEMON	1
GREEN BEANS	150g
BROCCOLI	1
SILVERBEET	1/2 bunch *
GARLIC	1 clove
CANNELLINI BEANS	1 tin
PARSLEY	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, dried tarragon (or dried oregano)

## KEY UTENSILS

large frypan, oven tray

## NOTES

If you don't want to have the lemon sautéed in your dish, you could zest and juice it instead and add that into the sautéed vegetables.



### 1. ROAST CHICKEN

Set oven to 220°C.

Place chicken breast skin side up on a lined oven tray. Slash chicken in 3–4 places and coat with **olive oil, 1 tbsp tarragon, salt and pepper**. Roast in oven for 20–25 minutes.



### 2. PREPARE VEGETABLES

Thinly slice half lemon, wedge other half to serve (see notes). Trim green beans, cut in thirds, chop broccoli (including tender stalks), remove silverbeet leaves from stalk and roughly chop.



### 3. SAUTÉ VEGETABLES

Heat a frypan over medium–high heat with **oil**. Add in lemon, broccoli and green beans with 1 crushed garlic clove, **salt and pepper**. Cook for 5–8 minutes.



### 4. ADD BEANS

Stir beans, including water from tin, and chopped silverbeet through sautéed vegetables until silverbeet is just wilted.



### 5. FINISH AND PLATE

Roughly chop parsley and slice roasted chicken.

Divide white beans and vegetables evenly among plates, top with chicken, parsley and lemon wedges.

**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**

