

MARLEY SPOON



Portuguese Chicken Tenders

with Oven Baked Fries



20-30min



2 Portions

This is a twisted and much healthier version of the traditional Portuguese 'frango de churrasco' with fries. The potatoes are coated in fine semolina and roasted in the oven with no added fat which makes them much lower in fat, while the chicken still has that great herb and lemon flavour, but without all the calories.

What we send

- oregano
- dried chilli flakes
- lemon
- semolina ¹
- green beans
- dried oregano
- roma tomatoes
- desiree potatoes
- free-range chicken tenderloins

What you'll require

- egg ³
- olive oil
- salt and pepper
- spray oil
- white wine vinegar ¹⁷

Utensils

- baking paper
- chargrill or frypan
- grater
- oven tray

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Egg (3), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 530.0kcal, Fat 17.4g, Proteins 44.0g, Carbs 42.7g



1. Prepare potatoes

Preheat oven to 200C. Line an oven tray with baking paper. Peel and cut the **potatoes** into chips. Separate **egg**, reserving the yolk for another use. Place **egg white** in a bowl and whisk until white and small bubbles appear. Place the **semolina** in a shallow dish and season with **salt and pepper**.



4. Chargrill chicken

Heat a chargrill over medium heat. Cook the **chicken** for 2 mins each side or until lightly charred. Transfer to another baking tray lined with baking paper and place in the oven to finish cooking for 4-5 mins. Set aside to rest for 2 mins.



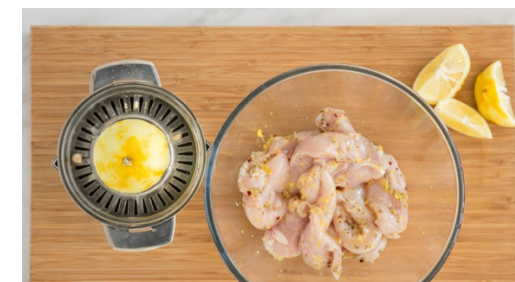
2. Bake potatoes

Place the **potatoes** in the **egg white** and toss to coat. Transfer, in batches, to the **semolina** and toss to coat. Arrange on the prepared tray. Bake for 20-25 mins until golden and tender, turning chips halfway through.



5. Chargrill beans

Meanwhile, trim the **green beans** and lightly spray with **oil**. Cook in the same pan for 5-6 mins until lightly charred and tender.



3. Season chicken

Meanwhile, zest the **lemon** over a shallow dish and add the juice of half the lemon. Cut remaining lemon half into wedges. Add 1 tsp **dried oregano**, a pinch of **chilli flakes** (to taste, be careful as they are hot) and 2 tsp **oil**. Add the **chicken** and toss to coat.



6. Make tomato salad

Meanwhile, thinly slice the **tomatoes** and place in a bowl. Pick the leaves from the **fresh oregano** and add to the tomatoes with, 2 tsp **oil** and 1 tbs **white wine vinegar**. Season and toss to coat. Serve the **chicken** with the **fries, beans, lemon wedges** and the **tomato salad**.