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Warm Lemon Chicken

and Potato Salad



20-30min



4 Portions

This is an easy Summer crowd-pleaser, with zesty flavours the whole family will love. Grilling the chicken cooks it perfectly, so the meat is tender and golden, while keeping the flavours of the spiced marinade. Served with a simple, hearty potato salad, it's a perfect midweek winner.

What we send

- Lebanese cucumber
- chat potatoes
- spice mix
- long red chilli, parsley, garlic
- roma tomatoes
- free-range chicken breast fillet
- lemon
- green beans

What you'll require

- olive oil
- salt and pepper

Utensils

- Colander
- foil
- grater
- large saucepan
- oven tray

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

Cooking tip

If you are unsure if your kids will like the spice mix, either omit the mix altogether or marinate just the adults' portions in the spice mix. If preferred, serve tomatoes and cucumbers separately.

Allergens

May contain traces of allergenic ingredients.

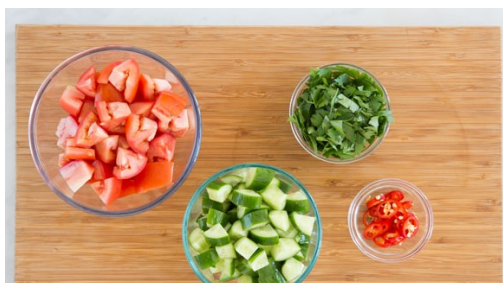
Nutrition per serving

Energy 420.0kcal, Fat 9.8g, Proteins 44.3g, Carbs 32.2g



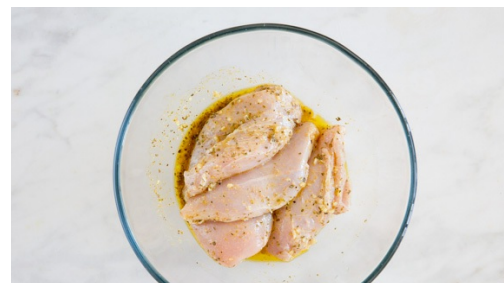
1. Cook potatoes

Halve **potatoes**, quartering any larger ones. Place potatoes in a large saucepan of water, bring to the boil, then reduce heat and simmer for 15 mins. Meanwhile, trim ends of **green beans** and cut into thirds. Add beans to potatoes and cook for a further 2-3 mins until potatoes and beans are tender. Drain.



4. Prepare salad ingredients

Meanwhile, coarsely chop the **tomatoes**. Dice the **cucumbers**. Pick the **parsley** leaves (discard stems) and coarsely chop. Thinly slice the **chilli** (deseed for less heat if you prefer).



2. Marinate chicken

Meanwhile, preheat oven grill to medium-high heat. Zest the **lemon** and squeeze the juice. Place **lemon zest** and 2 tbs of the **juice** into a medium bowl. Finely chop the **garlic** and add to the bowl. Add 1 tbs **oil** and the **spice mix** (see cooking tip). Whisk to combine. Add the **chicken** and turn to coat.



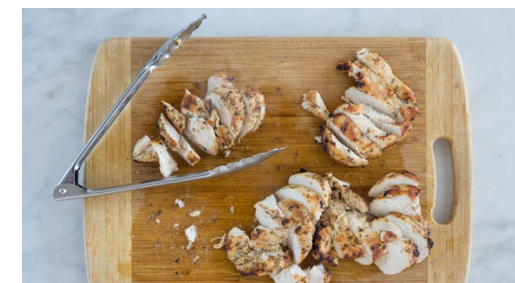
5. Make dressing

Combine 2 tbs **oil** and 3 tsp **lemon juice** in a small bowl. Season with **sea salt and pepper**, if desired.



3. Grill chicken

Line an oven tray with foil. Place the **chicken** on the prepared tray. Place the tray 6-8 cm away from the grill and cook for 5-6 mins each side until cooked through.



6. Get ready to serve

Thinly slice the **chicken**. Combine the **potatoes, beans, tomatoes, cucumber** (see cooking tip), **dressing** and half the **parsley** in a large bowl. Gently toss to combine. Serve the salad topped with the chicken and scatter over the remaining parsley and **chilli** for the parents.