

Printfid00xxxhero thymeandlemonbarbecuedchicken badge

Thyme and Lemon Chicken

with Apple 'slaw and Potato Bites



20-30min



4 Portions

Chicken is always a weeknight favourite and you'll love the amazingly easy and tasty slaw we've created to add flavour and goodness to the meal - the sweetness from the carrot and apple goes perfectly with the chicken and is sure to be a hit with the kids!

What we send

- cherry tomatoes
- thyme, parsley and 1 garlic clove
- baby cos lettuce
- Granny Smith apple
- carrot
- free-range chicken breast fillet
- lemon
- chat potato

What you'll require

- olive oil
- sea salt and pepper
- white wine vinegar ¹⁷
- wholegrain mustard ¹⁷

Utensils

- baking paper
- chargrill or frypan
- grater
- oven tray
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

The chicken can be barbecued, cooked on a chargrill pan or cooked under a grill. If grilling, grill for 5-6 mins each side or until cooked through.

Allergens

Sulphites (17). May contain traces of other allergens.

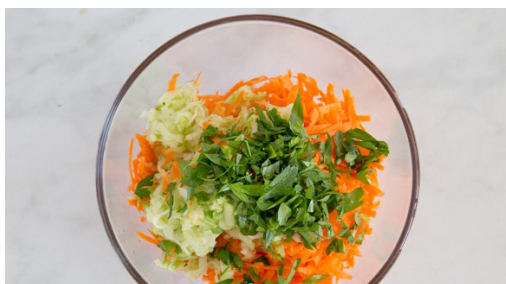
Nutrition per serving

Energy 530.0kcal, Fat 14.8g, Proteins 46.6g, Carbs 45.0g



1. Roast potatoes

Preheat oven to 220C. Line an oven tray with baking paper. Wash and pat dry **potatoes** then cut into bite-sized pieces. Place on lined tray, drizzle with 1 tbs **oil** and toss to coat. Bake for 20-25 mins until golden and tender, shaking the tray once during cooking.



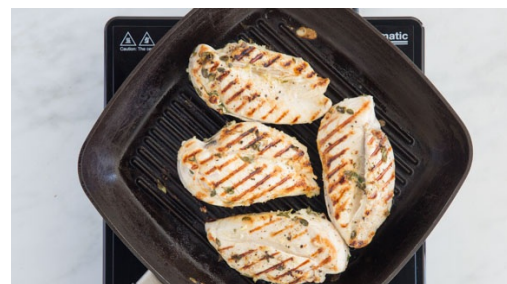
4. Prepare coleslaw

Coarsely grate **carrots** and **apple** (including apple skin) and place in a bowl with 3 tsp **lemon juice** and 3 tsp **oil**. Pick **parsley** leaves (discard stems) and coarsely chop. Add to bowl (or scatter over at the end if preferred) and toss to combine.



2. Prepare chicken

Meanwhile, juice the **lemon**. Finely chop the **garlic**. Pick the **thyme** leaves and place in a shallow dish with 1 tbs **oil**, 2 tbs **lemon juice** and the garlic. Season with **sea salt and pepper**, if liked. Add **chicken** to the dish and toss to coat. Preheat barbecue flat plate to medium-high (see cooking tip).



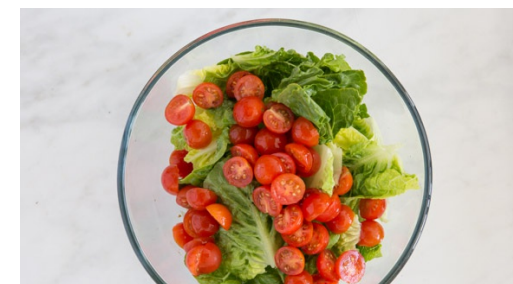
5. Chargrill chicken

Cook **chicken** on preheated barbecue flat plate for 5-6 mins each side or until cooked through.



3. Make dressing

Combine 1 tbs **oil**, 2 tsp **white wine vinegar** and 1 tsp **wholegrain mustard** in a large bowl.



6. Get ready to serve

Separate **lettuce leaves** and coarsely tear. Halve **cherry tomatoes**. Add leaves and tomatoes to **dressing** and toss to combine. Divide **potatoes bites** and **chicken** between plates. Serve with the **coleslaw** and **salad** and scatter any remaining **parsley** over the coleslaw.