



Roasted Chicken and Beets

with Horseradish Yoghurt and Croutons

 20-30min  2 Portions

A roast chicken dinner done in just 25 minutes? Well we've just made it possible! Crispy-skinned chicken breast lies on a bed of sweet beetroot slices, tender-crisp green beans, softly wilted spinach leaves and crunchy garlic croutons, then for a touch of freshness a zingy horseradish yoghurt on top, it's a classic dinner with a modern makeover.

What we send

- baby spinach leaves
- green beans
- horseradish
- garlic
- beetroot
- sourdough bread roll ¹
- free-range chicken breast fillet, skin on
- Greek-style yoghurt ⁷

What you'll require

- extra virgin olive oil
- salt and pepper

Utensils

- baking paper
- large frypan
- oven tray

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

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 560.0kcal, Fat 18.5g, Proteins 47.1g, Carbs 44.8g



1. Prepare yoghurt and beets

Heat the oven to 220C. Combine the **yoghurt** and 2 tsp **horseradish** in a small bowl and season with **pepper**. Wash the **beets** and slice 0.5cm-1cm thick. Crush or finely chop the **garlic**. Trim the **beans**.



2. Roast beets

Line an oven tray with baking paper. Toss the **beets** with 1 tbs **oil** on the tray and season with a pinch of **sea salt and pepper** (leave some room on the tray for the chicken later). Place in the oven for 5 mins while you brown the **chicken**.



3. Brown chicken

Heat 2 tsp **oil** in a large frypan over medium-high heat. Season the **chicken** with **sea salt and pepper**. Cook the chicken skin-side down first for 2-3 mins each side until slightly golden.



4. Season bread

Transfer the **chicken** skin-side up to the oven tray with the **beets** and roast for 10 mins. Tear the **sourdough roll** into bite-sized pieces and toss with the **garlic**, 2 tsp **oil** and a pinch of **sea salt**.



5. Roast bread and beans

Add **corn bread** and **beans** to another lined oven tray and roast for 5 mins or until **beets** are tender, **chicken** is cooked through and **croutons** are golden.



6. Get ready to serve

When the **chicken** and **beets** are ready, toss the **baby spinach** with the beets to slightly wilt. Thickly slice the chicken. Divide beets and leaves between plates and top with **croutons**, chicken and a dollop of **horseradish yoghurt**.