
Oven Baked Marinated Chicken

and Sweet Potato with Garlic Veggies



30-40min



4 Portions

Tender and flavoursome, this simple marinated chicken is a star, any night of the week. We've served it with one of our favourite roasted veggies, sweet potato, which becomes almost caramelised on the edges, plus beautiful carrots and an assortment of greens, gently cooked to perfection, then tossed in a light garlic butter, a simple technique which takes them up a notch in the flavour stakes. ...

What we send

- free-range chicken breast fillet
- spice mix
- baby carrots
- garlic
- sweet potato
- broccoli
- green beans
- lemon

What you'll require

- balsamic vinegar 17
- butter 7
- olive oil
- salt and pepper

Utensils

- baking paper
- large frypan
- large saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Adding fat to green vegetables may help us absorb their vitamins. If preferred, you can replace the butter with 1 tbs olive oil.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 530kcal, Fat 13.8g, Carbs 48.2g, Proteins 45.6g



1. Prepare vegetables

Preheat oven to 220C. Line 2 oven trays with baking paper. Peel the **sweet potatoes** and cut into 1-2 cm pieces. Scrub the **baby carrots** and trim the ends, cutting larger carrots in half lengthwise. Place the sweet potato in a large bowl. Toss with 2 tsp **oil** and 2 tsp **spice mix**.



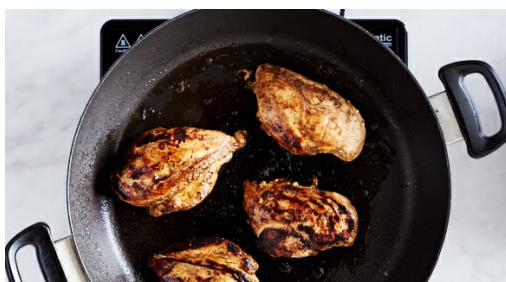
2. Roast vegetables

Arrange the **sweet potato** on 1 tray. Place the **carrots** on one half of the second tray, leaving room for the **chicken**. Drizzle the carrots with 2 tsp **oil** and season with **sea salt and pepper**. Roast both trays for 25 mins or until tender, shaking the trays once during cooking.



3. Marinate chicken

Meanwhile, combine 1½ tbs **oil** and 1 tbs **balsamic vinegar** in a shallow dish and season with **sea salt and pepper**, if desired. Add **chicken** and turn to coat. Cut the **lemon** in half (reserve one half for another use).



4. Cook chicken

Bring a large saucepan of water to the boil for the veggies. Heat a large frypan over medium-high heat. Add the **chicken** and any **marinade** to pan and cook for 3 mins each side or until light golden. Transfer to the tray with the **carrots**, squeeze over the **lemon juice** and drizzle over any pan juices. Roast for 10-12 mins until cooked through.



5. Prepare green veggies

Meanwhile, trim ends of **beans**. Thinly slice the **broccoli** stalk and cut the head into small florets. Finely chop the **garlic**. Thickly slice the **chicken**, reserving pan juices.



6. Cook green veggies

Cook **beans** and **broccoli** in pan of boiling water for 3-4 mins until al dente. Drain well. Return pan to low heat and melt 20g **butter** over low heat (see cooking tip). Add **garlic** and cook for 30 secs. Remove from heat, add **vegetables** and toss to combine. Divide **roasted veggies** between plates. Add **chicken** and **garlic vegetables** and drizzle over any pan juices.