



## Lemon and Feta Chicken

with Pan-Fried Beans



20-30min



2 Portions

Rich in fibre and high in antioxidants, this double-legume dish features crunchy green beans, as well as cannellini beans. Creamy salty feta and fresh parsley balance out flavours, while citrus-marinated chicken boosts the protein levels of this bright warm salad.

## What we send

- feta <sup>7</sup>
- lemons
- cannellini beans
- parsley, garlic
- free-range chicken tenderloins
- green peas
- brown onion

## What you'll require

- olive oil
- sea salt and pepper
- water

## Utensils

- baking paper
- large frypan
- oven tray
- sieve

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

## Cooking tip

Due to market availability, the beans in this recipe have been swapped with peas. The images do not match your recipe, but rest assured the method is correct and this dish will still taste delicious.

## Allergens

Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 540kcal, Fat 23.5g, Carbs 26.8g, Proteins 49.0g



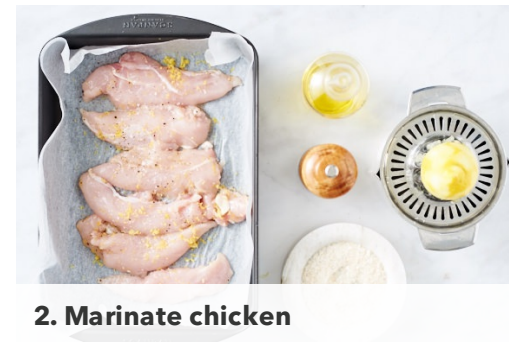
### 1. Prepare ingredients

Preheat oven to 200C. Line an oven tray with baking paper. Rinse and drain **cannellini beans**. Finely chop **parsley**, including the stems. Finely chop **garlic** and **onion**. Finely grate the zest and juice **half the lemon** (reserve remainder for another use) Crumble the **feta**.



### 4. Cook aromatics

While the chicken is cooking, heat the **1 tbs oil** in a large frypan over medium heat. Add the **onion** and cook, stirring, for 3-5 mins until golden. Add the **garlic** and cook, stirring, for a further 1 min or until fragrant.



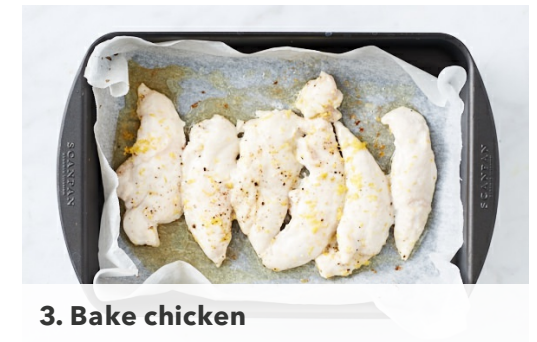
### 2. Marinate chicken

Put the **chicken** on the lined tray. Add the **lemon zest, lemon juice** and **1 tbs oil**, season with **salt and pepper**, and mix to coat.



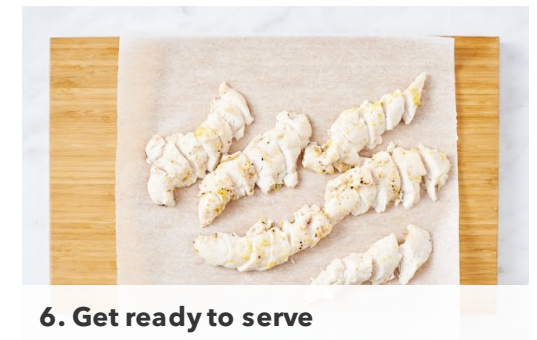
### 5. Cook beans

Add the **cannellini beans, peas** and **1 tbs water** and cook, stirring, for 2-3 mins or until beans and peas are heated through. Stir in **half the feta** and **half the parsley**, then stir in the chicken resting juices. Season to taste with **salt and pepper**.



### 3. Bake chicken

Bake in the oven for 12-15 mins until just cooked through. Remove from oven and set aside to rest for 5 mins.



### 6. Get ready to serve

Slice the chicken. Divide the bean mixture among plates and top with the chicken. Scatter over the **remaining feta** and **remaining parsley** to serve.