



HEALTHY

Mediterranean Chicken

with Warm Potato and Olive Salad



20-30min



2 Portions

Head to the Mediterranean with this warm and fragrant meal inspired by Europe's idyllic southern coast. Simply pan-fry oregano-rubbed chicken, then toss boiled potatoes, capers, kalamata olives and sweet capsicum in a red wine vinaigrette to coat and warm through. Easy, elegant and perfect for the whole family.

What we send

- 1 large free-range chicken breast fillet
- chat potato
- pitted kalamata olives
- capsicum
- parsley
- capers
- baby spinach leaves
- dried oregano

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- extra virgin olive oil
- olive oil spray
- red wine vinegar ¹⁷
- sea salt and pepper

Utensils

- colander
- large frypan with lid
- medium saucepan with lid

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

Allergens

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

Nutrition per serving

Energy 455kcal, Fat 20.3g, Carbs 21.0g, Proteins 41.3g



1. Cook potatoes

Read through the recipe. Halve or quarter any large **potatoes**. Put in a medium saucepan of cold salted water, bring to the boil and cook for 12 mins or until just tender. Drain.



2. Prepare ingredients

Meanwhile, thinly slice the **capsicum**, discarding the seeds and membrane. Halve the **olives** lengthwise.



3. Make dressing

Put **1 ½ tbs extra virgin olive oil** and **1 tbs red wine vinegar** in a small bowl. Season with **salt and pepper** and whisk to combine. Spray the **chicken** all over with **olive oil spray**, scatter with **half the oregano**** and season with **salt and pepper**.



4. Cook chicken

Heat a large frypan over medium-high heat. Cook the **chicken** and **capsicum**, stirring the capsicum, for 5 mins. Turn the chicken over and cook, covered, for a further 5-7 mins until the chicken is cooked through. Transfer the chicken to a plate to rest, leaving the capsicum in the pan.



5. Combine salad

Meanwhile, coarsely chop the **parsley**, including the stems. Add the **boiled potatoes, olives, capers** and **dressing** to the pan. Season with **salt and pepper**, reduce heat to medium and cook, tossing occasionally, for 3 mins or until the potatoes are beginning to colour. Add the **spinach** and **parsley** and toss until the spinach has just wilted.



6. Get ready to serve

Slice the **chicken** on a clean board, then divide the chicken and **warm potato salad** among plates to serve.