

DINNERLY



Lemon and Garlic Chicken

with Roasted Potatoes and Peas



30-40 minutes



2 Servings

WHAT WE SEND

- 1 lemon
- free-range chicken tenderloins
- 2 potatoes
- parsley
- 2 chicken-style stock cubes
- 150g peas

WHAT YOU NEED

- boiling water
- garlic clove
- olive oil
- plain flour ¹

TOOLS

- baking paper
- fine grater
- medium frypan
- oven tray

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

ALLERGENS

Gluten (1). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 585kcal, Fat 19.0g, Carbs 46.1g, Proteins 44.8g



1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Crush or finely chop **1 garlic clove**. Peel and cut the **potatoes** into 1.5cm chunks. Finely chop the **parsley**, including the stems. Finely grate the zest of **half the lemon**, then juice the half. Cut the **remaining lemon** into wedges.



2. Roast potatoes

Put the **potatoes** on the lined oven tray, drizzle with **1 tbs olive oil**, season well with **salt and pepper** and toss to coat. Roast for 20 mins until golden and cooked through.



3. Make stock

Meanwhile, crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **180ml (¾ cup) boiling water** and stir to combine. Put **2 tbs plain flour** in a shallow bowl and season well with **salt and pepper** (see Kitchen tip). Dust the **chicken** in the seasoned flour, then shake off the excess.



4. Brown chicken

Heat **1 tbs olive oil** in a medium frypan over high heat. Cook **chicken** for 1-2 mins each side until lightly golden but not cooked through. Remove chicken from pan. Reduce heat to medium. Cook **garlic**, stirring, for 30 secs or until fragrant. Add **stock**, **lemon zest** and **1 tbs lemon juice** and cook for a further 3-5 mins until slightly reduced.



5. Serve up

Add **chicken**, any resting juices and **peas** to the stock mixture, cover and cook for 3 mins. Stir through **half the parsley** and cook for a further 1-2 mins until chicken is cooked through. Divide chicken and **roasted potatoes** among plates and spoon over the peas and lemon sauce. Scatter over the **remaining parsley**, serve with the **lemon wedges** and enjoy.



6. Kitchen tip

For a gluten-free meal, substitute the flour with a gluten-free flour.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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 Packed in Australia
from at least 90%
Australian ingredients