

# DINNERLY



## Lemon and Garlic Chicken

with Roasted Potatoes and Peas



30-40 minutes



4 Servings

## WHAT WE SEND

- 2 chicken-style stock cubes
- 1kg potatoes
- 2 lemons
- parsley
- 300g peas
- free-range chicken tenderloins

## WHAT YOU NEED

- boiling water
- garlic clove
- olive oil
- plain flour <sup>1</sup>

## TOOLS

- baking paper
- fine grater
- large frypan with lid
- 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 580kcal, Fat 19.0g, Carbs 45.9g, Proteins 44.7g



### 1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Crush or finely chop **2 garlic cloves**. Peel and cut the **potatoes** into 1.5cm chunks. Finely chop the **parsley**, including the stems. Finely grate the zest of **1 lemon**, then juice the lemon. Cut the **remaining lemon** into wedges.



### 2. Roast potatoes

Put the **potatoes** on the lined oven tray, drizzle with **2 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 the **stock cubes** into a heatproof jug, add **375ml (1½ cups) boiling water** and stir to combine. Put **55 g (¼ cup) 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 **2 tbs olive oil** in a large 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 **2 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](mailto:hi@dinnerly.com.au)  
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 **Packed in Australia**  
**from at least 75%**  
**Australian ingredients**