

DINNERLY



Lemon and Garlic Chicken with Roasted Potatoes and Peas

 30-40 minutes  4 Servings

Coat chicken tenders in flour, flash in the pan to crisp up, then cook in a garlic-lemmony sauce for an easy take on the classic Italian dish, scallopini. Serve with a side of peas and roast spuds.

WHAT WE SEND

- 1kg potatoes
- parsley WAS 40g
- 1 lemon
- 2 chicken-style stock cubes
- free-range chicken tenderloins
- 2 x 150g peas

WHAT YOU NEED

- 2 garlic cloves
- 80ml (1/3 cup) olive oil
- 375ml (1 1/2 cups) boiling water
- 50 g (1/3 cup) plain flour ¹

TOOLS

- oven tray
- baking paper
- fine grater
- large frypan with lid

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 570kcal, Fat 18.9g, Carbs 44.6g, Proteins 44.4g



1. Prep ingredients

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



2. Roast potatoes

Put the **potato** on the lined 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 (1 1/2 cups) boiling water** and stir to combine. Put **50g (1/3 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 the **chicken** for 1-2 mins each side until lightly golden (it won't be cooked through). Remove from the pan. Reduce the heat to medium. Cook the **garlic**, stirring, for 30 secs or until fragrant. Add the **stock**, **lemon zest** and **2 tbs lemon juice** and cook for a further 3-5 mins until slightly reduced.



5. Serve up

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



6. Kitchen tip

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