

Eat Within 3 Days

QCOOK

One-tray Chicken Bake

with green beans & baby potatoes

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Chloe Hughes

Nutritional Info	Per 100g	Per Portion
Energy	388kJ	2075kJ
Energy	93kcal	496kcal
Protein	9.4g	50.4g
Carbs	9g	50g
of which sugars	1g	8g
Fibre	1g	7g
Fat	1.6g	8.4g
of which saturated	0.7g	3.6g
Sodium	455.7mg	24342mg

Allergens: Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes *rinse & cut in half*
10ml	20ml	Greek Seasoning
100g	200g	Green Beans *rinse & dry*
1	2	Free-range Chicken Breast/s
50ml	100ml	Greek Yoghurt
40ml	80ml	Cheese Crumb *(15ml [30ml] Cheese, 20ml [40ml] Panko Breadcrumbs & 5ml [10ml] Garlic Powder)*
3g	5g	Fresh Parsley *rinse, pick & roughly chop*

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

1. ONE TRAY Preheat the oven to 200°C. Spread the potatoes on a roasting tray, leaving some space for the chicken and the green beans. Lightly coat with cooking spray or oil (optional) and ½ of the Greek seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. CHEESE-CRUMBED CHICKEN & VEGGIE MEDLEY Coat the green beans with the remaining Greek seasoning and cooking spray or oil (optional). Pat the chicken dry with paper towel. Lightly coat with cooking spray or oil (optional), seasoning, and ½ of the yoghurt. Prepare a shallow dish containing the cheese crumb. Coat the chicken in the cheese crumb, dusting off any excess crumb. When the baby potatoes have 15-20 minutes to go, add the chicken. When the roast has 8-10 minutes to go, add the green beans and roast for the remaining time until the chicken is cooked through. In the final 3-5 minutes, turn the oven to the highest temperature or onto the grill setting to get some golden colour on the chicken.

3. JUST BEFORE SERVING Combine the remaining yoghurt with ½ of the parsley.

4. TIME TO DINE Plate the delicious one-tray chicken bake, top with dollops of the herby yoghurt, and garnish with the remaining parsley. Cheers, Chef!

Chef's Tip To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.