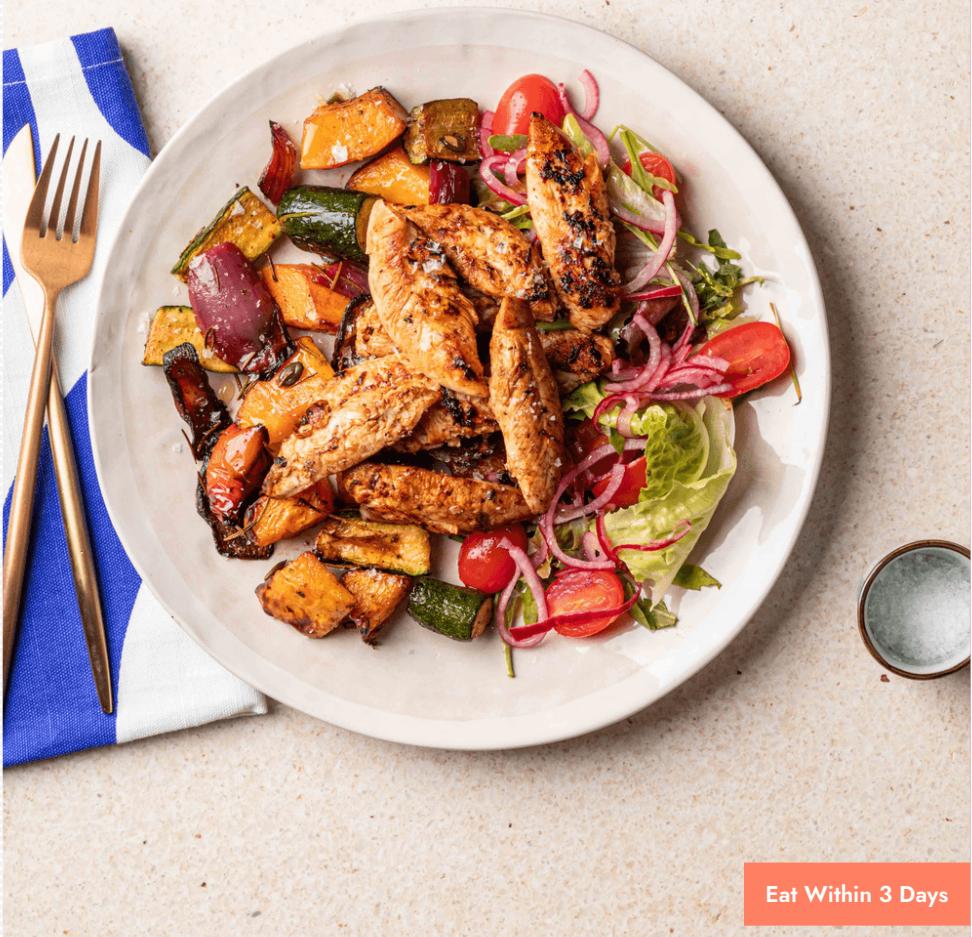


U COOK



Lemon Garlic Chicken & Roast Veg

with baby tomato salad

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	303kJ 72kcal	2071kJ 495kcal
Protein	6.4g	43.8g
Carbs	9g	61g
of which sugars	1.7g	11.8g
Fibre	1.4g	9.5g
Fat	0.9g	5.8g
of which saturated	0.2g	1.4g
Sodium	163mg	1113mg

Allergens: Sulphites, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

450g	600g	Free-range Chicken Mini Fillets
3	4	Garlic Cloves <i>peel & grate</i>
2	2	Lemons <i>rinse & cut 1½ [2] into wedges</i>
750g	1kg	Roast Veg Mix
7.5ml	10ml	Greek Seasoning
15g	20g	Pumpkin Seeds
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
1	1	Onion <i>peel & finely slice ¾ [1]</i>
60ml	80ml	Red Wine Vinegar
60g	80g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray

1. SOME PREP Preheat the oven to 200°C. Pat the chicken dry with paper towel, add to the bowl with garlic, a squeeze of lemon juice (to taste), lightly spray with cooking spray, and season. Toss to combine and set aside.

2. ROAST Spread the roast veg mix on a roasting tray. Lightly coat with cooking spray, Greek seasoning and season (to taste). Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway). In final 3-5 minutes, scatter over the pumpkin seeds.

3. SALAD In a bowl, combine the tomatoes, onion, vinegar, and seasoning. Just before serving, mix through the salad leaves.

4. CHICKEN Place a pan over medium heat. When hot, fry the chicken until lightly charred and cooked through, 1-2 minutes per side. Remove from the pan.

5. YUM! Plate up the roast veg, side with the lemon garlic chicken, and the salad. Dig in, Chef!

Chef's Tip Spray with cooking spray first, then season, it helps the seasoning stick. Spraying after seasoning can blow the seasoning off.