



Lemon Garlic Chicken & Roast Veg

with baby tomato salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

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 1 [Serves 2]

150g	300g	Free-range Chicken Mini Fillets
1	2	Garlic Clove/s <i>peel & grate</i>
1	1	Lemon <i>rinse & cut ½ [1] into wedges</i>
250g	500g	Roast Veg Mix
2.5ml	5ml	Greek Seasoning
5g	10g	Pumpkin Seeds
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
1	1	Onion <i>peel & finely slice ¼ [½]</i>
20ml	40ml	Red Wine Vinegar
20g	40g	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, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 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.