



**CHICKEN & POTATO BAKE
WITH LEMON VEGGIES**

No-one wants to spend ages in the kitchen cooking a delicious meal, and this one pot wonder took me 10 minutes to prepare and the oven did all the hard work for me.

One pot cooking is something I love and you'll be surprised at the flavours this recipe packs.

INGREDIENTS FOR 1 SERVING

<p>Nutrition Approx. macros per serving</p> <p>Macros are based on your edited ingredient amounts and currently selected items.</p> <p>Calories 484 Protein 46.8 g Carbs 44.5 g Fat 12.8 g Sugar 3.8 g Sat Fat 2.9 g Fibre 8.1 g Sodium 1.5 g</p> <p>Breakdown of calories per serving</p>	140g	Chicken breast
	25g	Italian prosciutto
	½	Lemon
	3	Fresh basil leaves
	150g	New potatoes
	50g	Chickpeas, drained weight
	30g	Onion, chopped
	30g	Peppers, sliced
	6g	Olive oil
	75g	Green beans
		Salt & Pepper

METHOD

- Preheat your oven to 190°C fan/400°F.
- Arrange the sliced peppers, onion and chickpeas into the bottom of an ovenproof dish.
- Cut the new potatoes in half and arrange them on top of the vegetables.
- Season the potatoes with a little salt & pepper along with all of the lemon juice and half of the olive oil.
- Cut the remaining lemon into quarters and arrange them around the potatoes - this is to intensify the lemon flavour and not to be eaten.
- Lay 2 slices of prosciutto onto a chopping board, arrange 3 basil leaves in the centre before adding a chicken breast.
- Wrap the chicken in the prosciutto and place it on top of the potatoes.
- Repeat until you have used all of the chicken.
- Drizzle the chicken with the remaining oil and cover the ovenproof dish with foil before placing in the oven.
- Bake until the chicken is cooked through. This should take approximately 35-40 minutes.
- When the chicken is ready, remove the chicken from the pan and place on a plate, cover with foil and a tea towel to rest while the potatoes finish cooking - don't worry, the chicken won't go cold!
- Place the uncovered potatoes into the oven until they are cooked through and golden. This will take approximately 40 minutes.
- In the meantime, trim and steam the green beans to your liking and set aside.
- When the potatoes are ready, add a chicken breast to your plate. It's had time to rest so it's lovely and succulent.
- Add some potatoes and veggies before finishing with green beans. Remember not to eat the lemon pieces!
- Enjoy!

NOTES

- Resting the chicken while finishing the potatoes will allow it to stay moist. Covering it with foil and a tea towel will be enough to stop it from getting cold.
- Prepare this the night before you intend to eat it and you'll only have to place it in the oven to cook!