












Lemon Caper Butter Chicken

with Herby Roasted Potatoes and Carrots

Calorie Smart 40-45 Minutes • 1 of your 5 a day • Under 600 Calories

24



-  Potatoes
-  Carrot
-  Italian Style Herbs
-  Garlic Clove
-  Lemon
-  Chicken Breast
-  Capers
-  Chicken Stock Paste
-  Unsalted Butter

Pantry Items
Plain Flour

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, fine grater, bowl, cling film, frying pan, aluminium foil

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Carrot**	3	4	6
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Lemon**	½	1	1
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Chicken Breast**	2	3	4
Capers**	15g	30g	30g
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	20g	20g
Unsalted Butter** 7)	30g	60g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	593g	100g
Energy (kJ/kcal)	2266 /542	382 /91
Fat (g)	17	3
Sat. Fat (g)	10	2
Carbohydrate (g)	55	9
Sugars (g)	12	2
Protein (g)	46	8
Salt (g)	1.40	0.24

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Prep the Root Veg

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **carrots** then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop the **potatoes** and **carrots** onto separate baking trays. Drizzle both with **oil**, season with **salt** and **pepper** and sprinkle the **Italian style herbs** over both. Toss each to coat and spread out in a single layer.



Fry Time

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, lay in the **chicken**. Cook until golden brown and cooked through, 5-6 mins each side. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.* Once cooked, transfer the **chicken** to a board, cover with foil and rest for a couple of mins.



Get Roasting

When the oven is hot, roast the **potatoes** on the top shelf and the **carrots** on the middle shelf until golden and tender, 30-40 mins. Turn halfway through. Meanwhile, peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**.



Make the Sauce

Pop the (now empty) frying pan back on medium heat with a drizzle of **oil**. When hot, add the **garlic** and the **capers** to the pan. Fry for 1-2 mins, then stir in the **water for the sauce** (see ingredients for amount) and **chicken stock paste**. Bring to the boil, then simmer until reduced by half, 1-2 mins. Vigorously stir in the **butter** until melted, then remove from the heat. Add a squeeze of **lemon juice** and stir together. **TIP:** *Add a splash of water if the liquid has evaporated too much.*



Bash the Chicken

Put the **flour** (see ingredients for amount) into a large bowl, season with **salt** and **pepper**, then mix together. Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick. Lay your **chicken breast** in the bowl, then toss to ensure the **chicken** gets an even coating of **flour**. Repeat for the other **breasts**. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



Finish and Serve

When everything is ready, stir the **lemon zest** through the **roasted potatoes**. Slice the **chicken** widthways into 5 pieces and serve on plates with the **potatoes** and **carrots** alongside. Spoon over the **sauce** to finish.

Enjoy!

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6-14

