







More Than Food
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Butterflied Chicken with Feta, Leek and Minted Potatoes

For tonight's dinner, we've sourced potatoes from our awesome potato people at Linroyale. They have been selecting their little bundles of treasure for four generations now and put an incredible amount of passion and care into what they do. Go check them out at www.linroyale.co.uk to see where your 'taters come from!



30 mins



healthy



gluten free



family box



New Potatoes
(2 packs)



Leek (4)



Chicken Breast (4)



Feta Cheese
(2 blocks)



Mint (4 tbsp)

Ingredients

	4 PEOPLE	ALLERGENS
New Potatoes, quartered	2 packs	
Leek, sliced	4	
Chicken Breast	4	
Feta Cheese	2 blocks	Milk
Mint, shredded	4 tbsp	

 Our fruit and veggies may need a little wash before cooking!

LH Step for little hands

Did you know...

Emperor Nero got through so many leeks that he gained the nickname Porophagus, which is Roman for leek eater!

Nutrition per serving: Calories: 509 kcal | Protein: 52 g | Carbs: 41 g | Fat: 17 g | Saturated Fat: 9 g

1



1 Boil a pot of water with $\frac{1}{2}$ tsp of **salt** for your **new potatoes**. Chop the **new potatoes** into quarters. Chop off the root and the green leafy part of the **leeks**. Slice the **leeks** in half lengthways and then very, very thinly slice widthways.

2 Heat 2 tbsp of **olive oil** in a frying pan on medium heat and add the **leeks**. Cook them gently for around 10 mins until soft and sweet. Remove from the heat.

2



3 Lay each **chicken breast** on a chopping board and slice into it from the side. Open it up like a book. You've now butterflied your **chicken**!

4 Turn your grill to high heat. Rub a little bit of **olive oil** onto each **chicken breast**. Season with a little pinch of **salt** and **pepper** and lay on a baking tray. Place under your grill on the highest shelf for 5-6 mins on one side, then take the tray out from under your grill, turn the **chicken breasts** over and pop back under the grill to cook for another 5-6 mins.

Tip: *The chicken is cooked when no longer pink in the middle.*

3



5 Whilst your **chicken** is grilling, add your **potatoes** to the pot of boiling water, for 10 mins. **Tip:** *The potatoes are cooked when you can easily stick a knife through them.* Once they are cooked, drain them.

6 LH: *Crumble the feta into the cooled leek mixture.* Taste the mixture and add a bit of **salt** and **pepper** if it needs it. **Tip:** *Feta is pretty salty already, so make sure you taste as you go to get the seasoning just right.* Spread your **leek** mixture over the top of your grilled **chicken** and put back under the grill. Cook for another minute or two until the top is nice and golden.

6



7 Once drained, toss your **potatoes** in a little **butter** if you have some (or some **olive oil**). Sprinkle over a little **salt** and **pepper**. Finely shred the **mint leaves** and sprinkle them over your **potatoes**. Serve with your **chicken** on the side and savour!