







More Than Food
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Provençal Grilled Chicken with Body Boosting Veg

This recipe is loaded with beautiful fresh veggies that really pull their weight in the nutritional stakes. Team these with a perfectly cooked herby chicken and you could be transported to the French countryside. We think this dish is best served with a bottle of something Provençal, just to increase the nutritional value!



35 mins



2 of your
5 a day



healthy



Red Onion (1)



Red Pepper (1)



Courgette (1)



New Potatoes (1 pack)



Chicken Breast (2)



Tomato Purée (1 tbsp)



Provençal Herbs
(1½ tsp)




Red Wine Vinegar
(1 tbsp)



Crème Fraîche (½ pot)

2 PEOPLE INGREDIENTS

- Red Onion, chopped **1**
- Red Pepper, chopped **1**
- Courgette, chopped **1**
- New Potatoes, chopped **1 pack**
- Chicken Breast **2**
- Tomato Purée **1 tbsp**
- Provençal Herbs **1½ tsp**
- Red Wine Vinegar **1 tbsp**
- Crème Fraîche **½ pot**

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

Did you know...

Provençal herb mixtures are typically a combination of thyme, rosemary and an aniseed-flavoured herb such as fennel or tarragon.

Allergens: Sulphites, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrates	Sugars	Protein	Salt
Per serving	452 kcal / 1900 kJ	19 g	7 g	39 g	9 g	38 g	0.3 g
Per 100g	98 kcal / 414 kJ	4 g	1 g	9 g	2 g	8 g	0 g



1 Preheat your oven to 200 degrees. Peel and chop the **red onion** into roughly 2cm chunks. Remove the core from the **red pepper** and chop this into 2cm chunks. Cut the top and bottom off the **courgette** and chop it, along with the **new potatoes**, into 2cm chunks. Toss your **potatoes** in a splash of **oil**, a pinch of **salt** and a good grind of **black pepper**. Place on a baking tray on the top shelf of your oven for around 10 mins.



2 After 10 mins, add your **onion**, **courgette** and **pepper** to the baking tray and cook for 20 mins, tossing halfway through, until everything is cooked through.

Tip: To prevent soggy potatoes, don't overcrowd the baking tray, just use two instead!



3 Butterfly the **chicken** by laying on a chopping board and placing your hand flat on top. Slice into your **chicken** from the side so that you can open it up like a book.

4 Mix the **tomato purée** with the **herbs**, a splash of **oil** and a pinch of **salt** and **pepper**. Rub this all over your **chicken**.

5 Once your **veggies** are cooked, move to the bottom shelf of your oven to keep warm and turn your grill to high heat.

6 Place your **chicken** on another baking tray and pop under your grill. Grill for around 6-8 mins on each side or until completely cooked through. **Tip:** The chicken is cooked when it is no longer pink in the middle.



7 When your **veggies** and **chicken** are cooked, remove from your oven. Cut your **chicken** into thin slices the width of your finger. Add the **red wine vinegar** to your **veggies** and toss. Plate up your **veggies** and lay your **chicken** on top with a dollop of **crème fraîche**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!