

POTATO AND GRILLED CHICKEN SERVED WITH BABY CARROTS



Serving: 4

Cooking Time: 20 minutes

Prep Time: 10 minutes

INGREDIENTS

- 20ml (4 tsp) extra virgin olive oil

- 15ml (1 tbsp) whole-grain mustard
- 15ml (1 tbsp) fresh flat-leaf parsley, chopped
- 15ml (1 tbsp) fresh thyme, leaves only
- 20ml (4 tsp) runny honey
- 12 small potatoes, par boiled
- 500g (2 punnets) baby carrots, blanched
- 8 skinless and boneless chicken breasts
- Salt and freshly ground black pepper, to taste

INSTRUCTIONS

1. Preheat the oven to 200° and heat a roasting tray for about a minute.
2. Mix the olive oil, mustard, parsley, thyme and honey well to combine. Place the potatoes in a mixing bowl and pour over a little of the parsley mixture. Toss so that the potatoes are well combined. Repeat with the carrots.
3. Rub the remaining parsley mixture all over the chicken fillets and set aside.
4. Remove the tray from the oven and add the potatoes and bake until crispy, for a few minutes.
5. Heat a large griddle pan and add a little oil to coat. Add the chicken and cook for about 5 minutes on each side. Drizzle with the remaining dressing.
6. Serve the chicken with the potatoes and carrots.