



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...

DAVE'S RECIPE BOX

LEMON GARLIC CHICKEN WITH RADISH AND AVOCADO SALAD



Prep

10 min



Cook

35 min



Serves

4

INGREDIENTS:

- > 1 Lemon Garlic Butterflied Chicken
- > 1 Avocado
- > 4 Kumato Tomatoes
- > ½ Tub Feta
- > 2 Corn Cobs
- > ½ Tub Unsweetened Plain Yoghurt 175g
- > 1 Bunch Broccolini
- > 1 Punnet Mixed Leaves
- > ½ Bunch Radish

WHAT YOU'LL NEED FROM YOUR PANTRY:

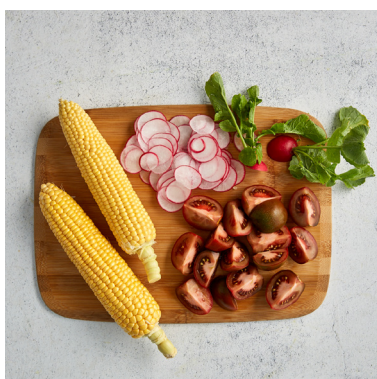
- > Olive Oil

METHOD - GET COOKING!



1 Preheat oven to 200°C. Peel and place the corn on a baking tray lined with baking paper.

Place the chicken on top of the corn, then place tray into the preheated oven and cook for 35 mins.



2 Meanwhile, prep the tomatoes by cutting them into quarters, finely slice the radish using a knife or a mandolin. Set cut veg aside.

To make the avo dressing, peel and cut the avocado and add into a blender with a small handful of mixed leaves, ½ tub of yoghurt, 3 tbsp of the liquid brine from the feta cheese tub and a drizzle of olive oil.

Season with pepper, blend until smooth and set aside.



3 To make the salad, toss the salad leaves with half of the avocado dressing and layer the tomatoes, radish, and half of the feta cheese on top.



4 After your chicken and corn have been roasting for 30 mins, place the broccolini into the same baking tray and cook together for the remaining 5 minutes.

Cut your chicken into 4 pieces, and serve with the roasted corn and broccolini, salad and the extra avo dressing.

ABOUT YOUR LEFTOVER INGREDIENTS...

- Use the Avo dressing as a dip with veggie sticks.
- Use the Kumato tomatoes in salads and wraps.
- Use the radish in salads or as a quick pickle.
- Use the feta cheese in salads or frittatas.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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