



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
 **DELICIOUS FOODS**
VEGAN RANGE

LIME AND SPINACH DAHL W/ OREGANO GRILLED CHICKEN



PREP
10 min



COOK
35 min



SERVES
4

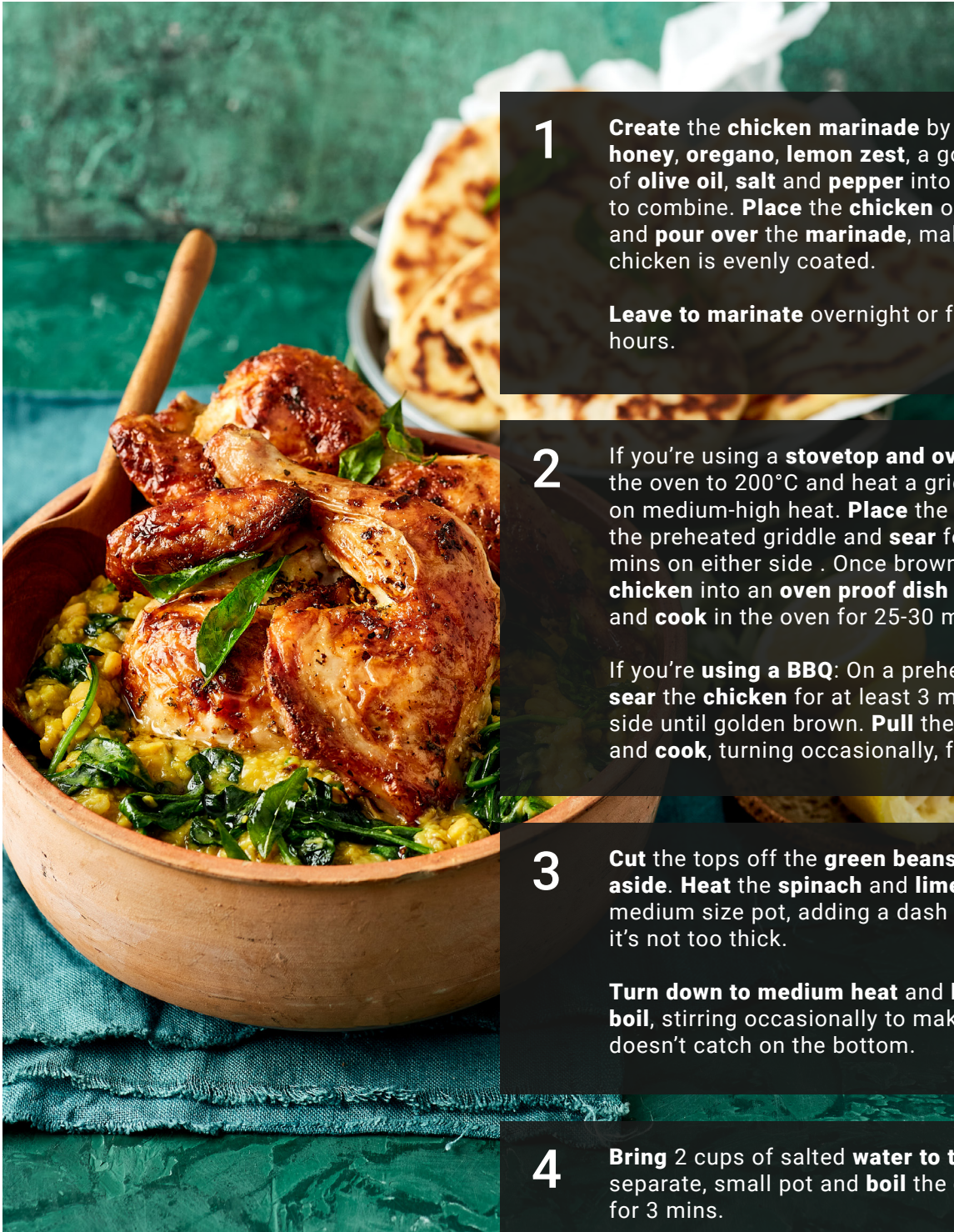
INGREDIENTS:

- > 1 Whole Butterfly Chicken
- > 2 Packets Dahlicious Lime and Spinach Dahl
- > 1 Lemon
- > 1 Tsp Oregano
- > 250g Green Beans
- > Naan Bread, to serve

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 Tbsp Honey
- > 1 Tbsp Ghee
- > Olive Oil

METHOD - GET COOKING!



1 Create the **chicken marinade** by **adding** the **honey, oregano, lemon zest**, a good drizzle of **olive oil, salt** and **pepper** into a bowl, mix to combine. **Place** the **chicken** onto a tray and **pour over** the **marinade**, making sure the chicken is evenly coated.

Leave to marinate overnight or for at least 2 hours.

2 If you're using a **stovetop and oven**: Preheat the oven to 200°C and heat a griddle pan on medium-high heat. **Place** the **chicken** on the preheated griddle and **sear** for at least 3 mins on either side. Once browned, **place** the **chicken** into an **oven proof dish or baking tray** and **cook** in the oven for 25-30 mins.

If you're **using a BBQ**: On a preheated BBQ, **sear** the **chicken** for at least 3 mins on either side until golden brown. **Pull** the **BBQ lid down** and **cook**, turning occasionally, for 25 mins.

3 **Cut** the tops off the **green beans** and **set aside**. **Heat** the **spinach** and **lime dahl** in a medium size pot, adding a dash of water so it's not too thick.

Turn down to medium heat and **bring to the boil**, stirring occasionally to make sure it doesn't catch on the bottom.

4 **Bring** 2 cups of salted **water to the boil** in a separate, small pot and **boil** the **green beans** for 3 mins.

Drain and place the pot back on the heat, **add** the **ghee** and once hot add the **green beans**, cook for 3 mins.

Serve the chicken and dahl with Naan bread.



FEEDBACK OR QUESTIONS?

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