



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

MANUKA HONEY AND ROSEMARY ROASTED CHICKEN WITH SEASONAL VEGGIES



PREP
10 min



COOK
35 min



SERVES
4

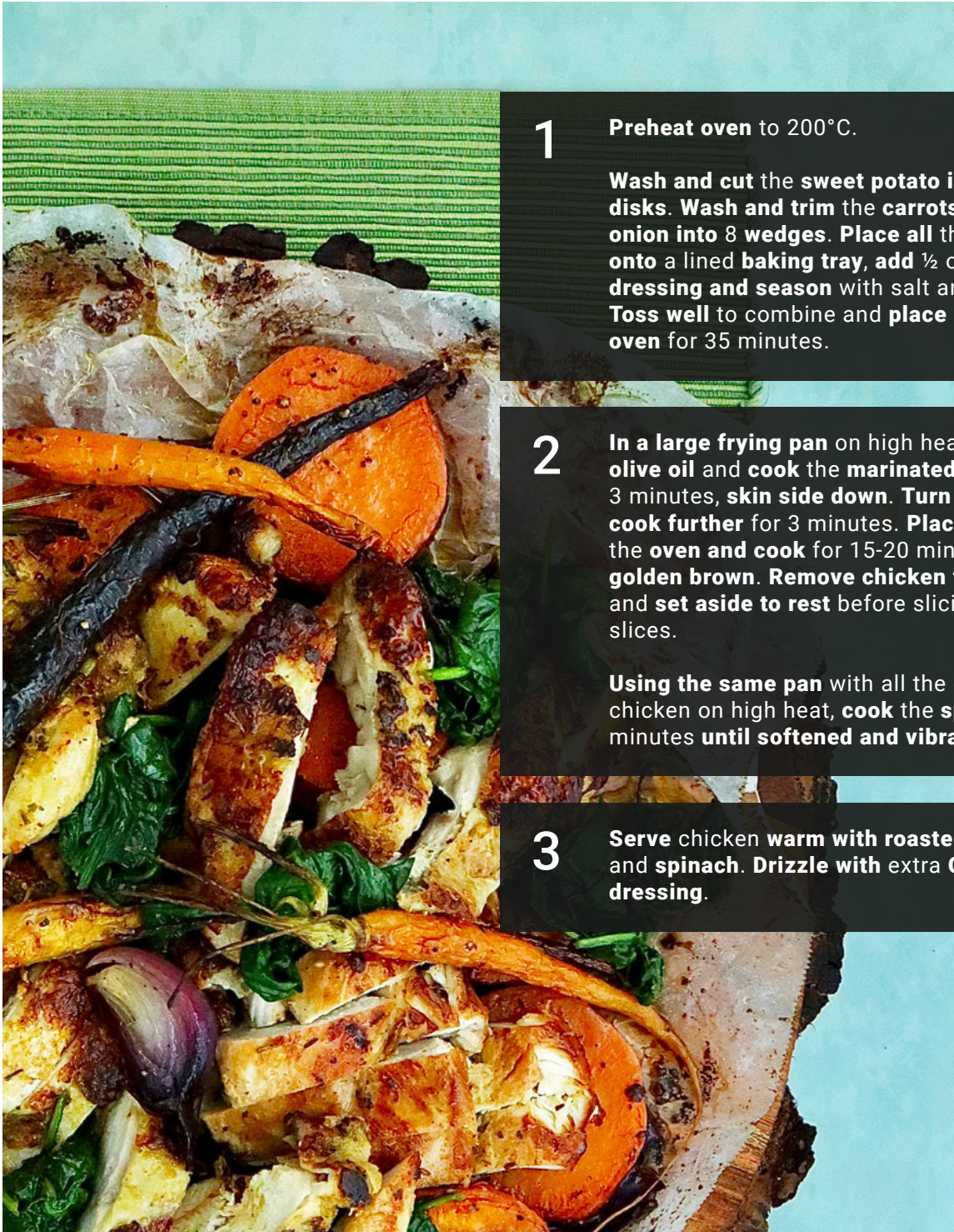
INGREDIENTS:

- > 900g-1.2kg Manuka & Rosemary Boneless Marinated Chicken
- > 1 Sweet Potato
- > 250g Dutch Carrots
- > 1 Red Onion
- > 150ml Greek Lemon Dressing
- > 120g Baby Spinach

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat oven to 200°C.

Wash and cut the sweet potato into 1cm thick disks. Wash and trim the carrots. Cut the onion into 8 wedges. Place all the ingredients onto a lined baking tray, add ½ of the Greek dressing and season with salt and pepper. Toss well to combine and place inside the oven for 35 minutes.

2

In a large frying pan on high heat, drizzle olive oil and cook the marinated chicken for 3 minutes, skin side down. Turn around and cook further for 3 minutes. Place the pan into the oven and cook for 15-20 minutes or until golden brown. Remove chicken from the pan and set aside to rest before slicing into 1cm slices.

Using the same pan with all the oils from the chicken on high heat, cook the spinach for 3 minutes until softened and vibrant.

3

Serve chicken warm with roasted vegetables and spinach. Drizzle with extra Greek lemon dressing.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover Greek lemon dressing on any cold or warm salad.
- Once vegetables are cooked, toss well with all the oils from the tray before serving and make sure to drizzle the dish with all the juices from the chicken pan.

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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