HIGH-PROTEIN DINNER

Lemon-Herb Chicken Tray Bake

Golden potatoes, roasted broccoli & oregano-lemon chicken.



560 kcal	44 g	2 servings	10 min prep
per serving	protein / serving	or make just one	30–37 min roast

Ingredients

INGREDIENT	2 SERV.	1 SERV.
Boneless skinless chicken breast (raw)	300 g	150 g
Baby potatoes (raw)	500 g	250 g
Broccoli florets (raw)	300 g	150 g
Olive oil	28 g / 2 tbsp	14 g / 1 tbsp
Lemon juice	30 g / 2 tbsp	15 g / 1 tbsp
Garlic	10 g / 2 cloves	5 g / 1 clove
Dried oregano	1 g / 1 tsp	0.5 g / ½ tsp
Fine salt	2 g	1 g
Ground black pepper	0.6 g / ¼ tsp	0.3 g / pinch

How to make it

1. **Heat & chop**
   Heat the oven to 220°C / 425°F. Line a rimmed tray with parchment rated for that heat. Cut potatoes into 2 cm pieces and flatten chicken breasts to about 2 cm thick.

2. **Start the potatoes**
   Toss the potatoes with half the oil and half the salt. Spread in one layer and roast for 15 minutes.

3. **Add the chicken**
   Use half the remaining oil to coat the chicken with grated garlic, oregano, remaining salt, pepper and half the lemon juice. Turn potatoes, add chicken and roast 8 minutes.

4. **Finish with broccoli**
   Toss broccoli with the remaining oil. Add to the tray and roast 7–14 minutes more, until potatoes are tender and chicken reaches 74°C / 165°F. Recheck if needed.

5. **Rest & portion**
   Rest chicken for 5 minutes, then slice. Divide evenly for two servings and finish with the remaining lemon juice.

KITCHEN NOTE

Chicken must reach 74°C / 165°F on a food thermometer. Refrigerate leftovers within 2 hours and reheat thoroughly.