



# LEEK AND FETA CHICKEN

with Lemon-Tarragon Potatoes and Lemony Kale



## HELLO TARRAGON

This bittersweet herb has a similar flavour profile and aroma to black licorice

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 425



Chicken Breasts



Yukon Potatoes



Garlic



Lemon



Tarragon



Leek, sliced



Kale, chopped



Feta, crumbled



## BUST OUT

- 2 Baking Sheets
- Butter (1 tbsp | 2 tbsp)
- Zester
- Salt
- Large Pan
- Pepper
- Measuring Spoons
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- |                    |               |               |
|--------------------|---------------|---------------|
| • Chicken Breasts  | 1 pkg (340 g) | 2 pkg (680 g) |
| • Yukon Potatoes   | 1 pkg (340 g) | 2 pkg (680 g) |
| • Garlic           | 1 pkg (10 g)  | 2 pkg (20 g)  |
| • Lemon            | 1             | 2             |
| • Tarragon         | 1 pkg (10 g)  | 1 pkg (10 g)  |
| • Leek, sliced     | 1 pkg (85 g)  | 2 pkg (170 g) |
| • Kale, chopped    | 1 pkg (100 g) | 2 pkg (200 g) |
| • Feta, crumbled 2 | 1 pkg (28 g)  | 2 pkg (56 g)  |

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

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|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix      |
| 1 Wheat/Blé            | 6 Mustard/Moutarde   |
| 2 Milk/Lait            | 7 Peanut/Cacahuète   |
| 3 Egg/Oeuf             | 8 Sesame/Sésame      |
| 4 Soy/Soja             | 9 Sulphites/Sulfites |

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 175°F.

## START STRONG

Preheat the oven to **450°F** (to roast the potatoes and chicken). Start prepping when the oven comes up to temperature!



**1 ROAST POTATOES** Wash and dry all produce.\* Cut the **potatoes** into ½-inch cubes. On a baking sheet, toss the potatoes with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the potatoes are golden-brown, 25-28 min.



**4 COOK LEEKS** Meanwhile, reduce the heat to medium. Add another drizzle of **oil**, then the **leeks**. Cook, stirring occasionally, until softened, 4-5 min. Remove the pan from the heat. Stir in **half the garlic**, **half the lemon zest** and **1 tbsp lemon juice** (double for 4 people). Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



**2 PREP** Meanwhile, mince or grate the **garlic**. Zest, then juice the **lemon(s)**. Roughly chop the **tarragon leaves**. Pat the **chicken** dry with paper towels. Season with **salt** and **pepper**.



**5 WILT KALE** Heat the same pan over medium heat. Add a drizzle of **oil**, then the **kale**, **1 tbsp lemon juice** (double for 4 people) and **2 tbsp water** (double for 4 people). Cook, stirring often, until the kale wilts, 1-2 min. Season with **salt** and **pepper**.



**3 COOK CHICKEN** Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **chicken**. Cook until golden-brown, 2-3 min per side. Transfer the chicken to another baking sheet. Roast in the centre of the oven until cooked through, 10-12 min. (**TIP:** Cook to a minimum internal temp. of 175°F.\*\*)



**6 FINISH AND SERVE** Add the **tarragon**, **1 tbsp butter** (double for 4 ppl), **remaining garlic** and **remaining lemon zest** to the **roasted potatoes** and toss to combine. Divide the **chicken**, **kale** and potatoes between plates. Top with the **leeks** and **feta**.

## HOT POTATOES!

Dressing the potatoes after roasting gives them extra oomph.