



SENSATIONAL CHICKEN-STYLE BREASTS TRAYBAKE

INGREDIENTS

2 packs Garden Gourmet Sensational Chicken-Style Breast

400g new potatoes (halved if large)

4 carrots, cut into large chunks

2 red onions, sliced into wedges

1tbsp olive oil

small handful fresh thyme (or 2tsp dried thyme)

good pinch chicken seasoning (or mixture of paprika, thyme, pepper)

1 lemon, sliced

2 cloves garlic, sliced

300g french beans or broccoli florets, to serve

CULINARY TIP

Add some gravy!

Look out for a really good veggie or vegan gravy to serve with this beautiful roast - great for Sunday lunch for everyone to share!



4 SERVINGS



30 MIN



EASY

If you need something easy for Sunday lunch - this is the recipe for you! Takes only 30 mins to cook. Adapt to the veg you have in your fridge and add the seasonings you and your gang love.

PREPARATION

1. Preheat the oven

Turn the oven to 200°C (180°C for fan ovens) or Gas Mark 6.

2. Par-boil the spuds

Chuck the potatoes into a pan with a pinch of salt and cover with boiling water, cook for 5 minutes. Drain the potatoes and then tip onto a large baking sheet.

3. Add the veg

Put the carrots, onions onto the tray with the potatoes. Drizzle over half the oil, add the herbs and half the seasoning. Toss everything together and add the lemon slices and sliced garlic in and around the ingredients. Bake for 15 minutes.

4. Roast

Add the chicken-style breasts to a bowl and add the remaining oil and seasoning, mix until coated. Remove the tray bake from the oven, turn all the veg over and then put the breasts on top of the veg and cook for a further 15-20 minutes until hot throughout and turning brown.

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