

main meals

savory chicken

with warm potato, bean
and tomato salad



Sainsbury's
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what to know

Sainsbury's Boneless Chicken Breasts x2 310g was £3.29 now £2.29 - save £1.

35 South Sauvignon Blanc was £4.79 now £3.79 - save £1.

cook's tip

As an alternative to this recipe, flatten out the skinned chicken fillets. Make a filling using the lemon juice and zest and savory (as per recipe) with a few chopped apricots and 2x15ml heaped spoons cream cheese. Spread onto the fillets, roll up and wrap with streaky bacon. Cook as per recipe. Slice into small nuggets to make a great meal for kids.



simply special

savory chicken with warm potato, bean and tomato salad

what you need

for the savory chicken:

2x310g packs Sainsbury's Boneless Chicken Breasts, skin on
3x15ml spoons olive oil
juice and zest of 1 lemon
20g pack savory, leaves removed from stem and roughly chopped

for the salad:

½ x 1kg punnet Anya potatoes, parboiled
2x15ml spoons olive oil
2 tomatoes, cut in half
½ x 200g pack trimmed fine green beans, blanched and refreshed

to serve:

60g pack salad

1 Preheat the oven to 220°C, 425°F, Gas Mark 7.

2 For the savory chicken, place the poultry in a non-metallic bowl, add the remaining ingredients and mix to combine. Leave to marinate for 30 minutes.

3 Transfer the marinated chicken to a baking sheet and cook in the preheated oven for 25 minutes until cooked through.

4 To make the salad, in a roasting tin combine the potatoes and olive oil. At the same time as you put the chicken in the oven, place the tin of potatoes on the shelf below the chicken - 5 minutes before the end of the cooking time add the tomatoes and beans to the roasting tin.

5 To serve, toss the vegetables with the salad, pile onto individual plates and top with a sliced chicken breast.

serves: 4

preparation time: 5 minutes

cooking time: 20 minutes

per serving: 582 calories; 42g fat

cost per serving: £1.65

and to drink...

35 South Sauvignon Blanc

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Sainsbury's Supermarkets Ltd, Stamford Street, London SE1 9LL

Offers end 19 June 2001. Chicken: £7.39/kg. Offers not available at Sainsbury's 'Local' and 'Central' Stores. Excludes Northern Ireland stores. The law does not permit the sale of alcohol to persons under the age of 18. All items subject to availability. Some items available in larger stores only.

Recipe cost based on part ingredients purchased in April 2001. 729/749 05/01