



CLONAKILTY

PARMESAN CHICKEN TRAYBAKE





Parmesan Chicken Traybake

Recipe by By Chef Kevin Dundon

Ingredients

- 4 chicken breasts, part boned
- 4 tbsp. Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt
- 100g parmesan, grated
- 2 clove garlic, crushed
- 2 tbsp. rapeseed oil
- 1 red onion, sliced
- 600g baby potatoes, boiled and halved
- 12 cherry tomatoes
- 100g mange tout
- 50g tender stem broccoli
- 1 courgette, diced, optional
- 2 tbsp. fresh herbs, (sage, oregano or thyme)
- 1 lemon, zest and juice
- Salt and pepper

Directions

- Preheat the oven to 180°C – 200°C
- In a bowl, combine half of the parmesan with the 4 tbsp of yogurt. Add some garlic, and oil. Season with pepper and salt.
- Stir and add the chicken Breast. Set aside to marinate and tenderise for 20 minutes minimum or overnight if preferred in the fridge covered with cling film
- In your roasting tray, toss together the cooked potatoes, red onion, mange tout, broccoli, cherry tomato, courgette with a drizzle of oil and 2 tbsp of yogurt and sprinkle extra parmesan and seasoning. Toss to coat evenly.
- Add the marinated chicken breast over the vegetables. Sprinkle the rest of the parmesan and place in the oven for 20-30 minutes until the chicken breast are cooked through and coloured
- Remove from the oven, sprinkle some fresh rosemary leaves over the chicken and serve immediately.