

Chicken with Parmesan Crumbs & Fondant Potatoes



Serves 2

Prep 20mins

Cook 45 mins

Ingredients

2 tbsp parmesan

1 lemon, 1/2 zested and juiced, 1/2 cut into wedges

50g fresh breadcrumbs

2 skinless chicken breasts, bashed to 1cm thickness

1 egg beaten

olive oil

200g green beans trimmed

a bunch parsley, chopped

bag of new potatoes, cut in half if large

1 pint hot vegetable stock

a sprig of thyme

1. Heat the oven to 200C/Fan 180/Gas 6. Mix the parmesan, lemon zest and breadcrumbs. Dust the flattened chicken breasts with flour, then dip in the egg, and coat in the breadcrumb mix.
2. Put onto a baking tray, drizzle with 1 tsp oil and bake for 20 - 25 mins until the chicken is cooked through and the breadcrumbs are golden.
3. Parboil the potatoes for 5 minutes, then tip the potatoes in a roasting tin with a tablespoon of oil and toss to coat well. Pour the stock over the potatoes. Cook for 40 - 45 minutes until tender. Transfer to the stove top and toss over a medium heat until almost all of the liquid has been absorbed and turned to a shiny glaze - about 15 minutes. Scatter over the thyme and serve.
4. Blanch the green beans in boiling water for 3 mins, then fry for a further 5 mins, adding the lemon juice at the last minute. Add the parsley and toss together well before serving with the chicken and lemon wedges.