

Broad beans, potatoes & feta with chicken



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Preparation: about 30 minutes

Cooking: about 35 minutes

Serves: 4

1.25 kg broad beans, podded (yielding about 400g beans)

600g even-sized small new potatoes

4 chicken thigh fillets, trimmed

Olive oil cooking spray

Salt and ground black pepper

2 tbs olive oil

2 garlic cloves, crushed

2 tbs chopped mint leaves

1 tbs lemon juice

50g Greek feta cheese, crumbled

Lemon wedges, to serve

1. Bring a large saucepan of water to the boil over high heat. Add broad beans and cook for 3 minutes, remove with a slotted spoon and refresh in cold water. Peel to remove broad bean outer skin.
2. Add potatoes to the boiling water and cook for 12–15 minutes until just tender. Refresh in cold water. Cut potatoes into 1cm-thick slices.
3. Meanwhile, spray chicken with oil and season with salt and pepper. Char-grill, barbecue or pan-fry in a non-stick frying pan for 10–12 minutes, turning occasionally, until just cooked through.
4. Heat oil large non-stick frying pan over medium-high heat. Add potatoes and garlic, cook, turning occasionally, for 4–5 minutes until golden. Toss in broad beans, mint and lemon juice and cook for 1 minute. Season with salt and pepper to taste. Remove from heat and sprinkle with feta. Serve with chicken and lemon wedges.



Broad beans

- Like many beans, broad beans are a source of protein, making them especially valuable for those who do not eat meat.
- A good source of niacin (vitamin B3) which is essential for cells to use the energy provided by proteins, fats and carbohydrates.
- One of the richest food sources of pantothenic acid (vitamin B5), which helps impulses pass along nerves and muscles.