

Chicken & Asparagus Bake

Serves 2

- 2 boneless, skinless chicken breasts (about 150–160g each = 310g total)
- 230g potatoes (about 1 medium), halved lengthwise
- 170g carrots (1 medium-large), sliced diagonally into 2–3 cm pieces
- 2 T extra-virgin olive oil (divided)
- 1½ tsp ground coriander (divided)
- ½ tsp salt (divided)
- ¼ tsp ground black pepper (divided)
- 1½ T lemon juice (freshly squeezed)
- 1½ T finely minced red onion or shallot
- 2 tsp whole-grain Dijon mustard
- 1½ tsp honey
- 300g fresh asparagus, trimmed
- 1½ T chopped flat-leaf parsley
- 2 tsp chopped fresh dill
- Lemon wedges (for serving)



Nutritional Breakdown (per person, 2 servings total)

| Nutrient | Amount (approx.) |
|-----------------|------------------|
| Calories | 375 kcal |
| Protein | 33 g |
| Fat | 17 g |
| └ Saturated Fat | 3 g |
| Carbohydrates | 21 g |
| └ Sugars | 6.5 g |
| Fiber | 4.5 g |
| Sodium | ~560 mg |

Instructions

1. Preheat oven to **190°C**.

Pound the chicken breasts to even 1.25 cm (½ inch) thickness. Arrange them on one half of a large baking tray. Place the carrots and potatoes on the other half.

Drizzle with **1 T olive oil**, and sprinkle with **⅔ tsp coriander**, **¼ tsp salt**, and a pinch of **black pepper**.

Bake for **15 minutes**.

2. While baking, make the vinaigrette:

Whisk together:

- 1½ T lemon juice
- 1½ T finely minced red onion or shallot
- 2 tsp whole-grain Dijon mustard
- 1½ tsp honey
- Remaining **1 T olive oil**
- Remaining **⅓ tsp coriander**, **¼ tsp salt**, and remaining **pepper**

3. After 15 minutes, remove tray from oven.

Stir potatoes and carrots. Add the **trimmed asparagus** to the center of the tray. Spoon the vinaigrette over everything.

4. Return to oven:

Increase temperature to **220°C** and **bake for another 10–12 minutes**, or until chicken is 74°C internally and vegetables are lightly browned and tender.

5. Optional torch finish:

If you'd like a more caramelized look, **use a kitchen torch** to lightly brown the top of the chicken and vegetables just after removing from the oven.

6. Garnish and serve:

Top with parsley and dill. Serve hot with lemon wedges on the side.

Suggestions

- You could swap some of the potatoes with more carrots or cauliflower to reduce carbs.
 - Cherry tomatoes added in the last 10 minutes could bring a nice acidity.
 - Use only **1 T oil total** if you want to bring calories down even further.
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