



# Chicken tray bake with butter beans & potatoes

Prep: 10 minutes • Cook: 45 minutes • Serves: 2



## Ingredients

400g tinned potatoes, drained and cut into chunks  
1 small onion, red or white, peeled and finely sliced  
1 tablespoon vegetable oil  
200g tin of tomatoes  
200g tin of butter beans, rinsed and drained  
1 teaspoon dried mixed herbs  
200g chicken thighs, skin on and bone in  
1 lemon, sliced – optional

- 1** Preheat oven to 170°C. Put potatoes and onion into a baking tray and toss with the oil.
- 2** Add the tinned tomatoes and (drained) butter beans to the baking tray.
- 3** Rub chicken thighs with herbs and place on top of vegetables. If using lemon put a slice of lemon on top of each chicken thigh.
- 4** Put into oven and bake for 40-45 minutes until chicken is golden and cooked through. Serve into 2 portions.

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low protein ✗  
Low salt ✓  
Low fat ✗

Cost per portion (September 2022) **81p**

Carbohydrate **37g**

Energy in kcals **440**