

WHO DARES SLIMS - RECIPE

Lemon Zest Chicken with Spinach & Butter Beans



Tips

Precooked beans are quick and easy, but you can use the pre-soak kind if you want.

Don't worry if you bash the butterbeans about a bit when stirring in the spinach - I find it adds a creamy texture to the sauce.

Zest the lemon before you chop it in half!

Ingredients

- 1 medium onion - chopped
- A jar of pre-cooked butter beans
- 1 Bag of baby spinach leaves
- Chicken mini-fillets
- 2 teaspoons of olive oil
- 1 lemon (for juice and zest)
- Veggie/Chicken oxo cube (or stock)
- Tablespoon of creme fraiche (optional)

Preparation

1. In a large saucepan, with the first teaspoon of olive oil soften the onion, then add the butter beans, oxo cube and a good glug of water. Place on a medium-low heat to start to simmer.
2. In a frying pan, with the second teaspoon of olive oil grill the chicken on a medium/high heat until brown. Season with a little black pepper.
3. As soon as the butter beans are warmed through, add the spinach leaves and leave to wilt. Add the juice of half a lemon.
4. Once the chicken is cooked - add the second half lemon juice and sprinkle with lemon zest.
5. Just before serving, if you want the beans to have a creamier texture, add a tablespoon of creme fraiche.
6. On a plate, top the bean stew with the chicken and serve with plenty of cracked black pepper and a fresh sprinkle of zest.