



# Roast chicken with saffron

20'  
Hands on

30'  
Cook Time

8-10  
Portion(s)

2  
Difficulty



## Method

### For the chicken

- Preheat the oven to 200° C (390° F) set to fan.
- In a **baking pan** add the chicken, the vegetable bouillon powder, olive oil, and set it aside.

### For the bechamel sauce

- Place a **pot** over medium heat and add the butter, the flour, and whisk well. Add the milk in batches and whisk until the bechamel sauce thickens and comes to a boil.
- Add the garlic grated, the saffron, the vegetable bouillon powder, and whisk.
- Spread the whole bechamel sauce over the chicken.

### For the crust

- In a mixer add the almonds, the bread, the rest of the garlic, the vegetable bouillon powder, the tarragon, the butter, and beat well.
- Spread on top of the bechamel sauce and roast for 30 minutes.

### To serve

- In a bowl add the lentils, the rice, the cherry tomatoes cut in half, olive oil, salt, pepper, white vinegar, mint, basil, mix, and serve.

## Ingredients

### For the chicken

- 800 g chicken breast fillet
- 1 tablespoon(s) vegetable bouillon powder
- 1 tablespoon(s) olive oil

### For the bechamel sauce

- 50 g butter
- 50 g all-purpose flour
- 500 g milk
- 1/3 clove(s) of garlic
- 1/2 teaspoon(s) saffron
- 1 level teaspoon(s) vegetable bouillon powder

### For the crust

- 50 g almond slivers
- 50 g breadcrumbs
- 2/3 clove(s) of garlic
- 1/2 teaspoon(s) vegetable bouillon powder
- 1 tablespoon(s) tarragon
- 50 g butter

### To serve

- 250 g lentils, boiled
- 250 g basmati rice, boiled
- 100 g cherry tomatoes
- 2 tablespoon(s) olive oil
- pepper
- 1 teaspoon(s) vinegar
- salt
- 1 tablespoon(s) mint
- 1 tablespoon(s) basil

## Διατροφικός πίνακας

### Nutrition information per portion

265 Calories (kcal)	16.0 Total Fat (g)	7.2 Saturated Fat (g)	8.7 Total Carbs (g)
13%	23%	36%	3%
2.7 Sugars (g)	22.0 Protein (g)	1.0 Fibre (g)	0.23 Sodium (g)
3%	44%	4%	4%