



Everything
But The Chef

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Oven Baked Chicken with Zucchini & Bacon

A one-tray-wonder to the rescue! Tonight you can forget about washing pots and pans; just a quick chop of the fresh ingredients and the oven can do all the hard work. Half an hour later you'll be enjoying the fruits of your (minimal) labour. Too easy.

 **Prep:** 15 mins
Cook: 30 mins
Total: 45 mins

 level 1

 lactose free

 one pot wonder



Zucchini



Red Onion



Tomato



Rosemary



Bacon



Vegetable Stock Powder



Kalamata Olives



Chicken Thigh



Lemon

2P	4P	Ingredients	
2	4	zucchini, roughly chopped into sticks	A
1	2	red onion, cut into wedges	⊕
2	4	tomatoes, cored & quartered	⊕
1 sprig	2 sprigs	rosemary, destemmed & leaves chopped	
100 g	200 g	bacon, chopped	
1/2 tsp	1 tsp	vegetable stock powder	
100 g	200 g	kalamata olives, pitted & whole	
1/4 cup	1/2 cup	water *	
2 fillets *	4 fillets *	chicken thigh	
3 tbs	6 tbs	olive oil *	
1/2	1	lemon, zested & sliced into wedges	⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2870	Kj
Protein	55.9	g
Fat, total	46.8	g
-saturated	14.2	g
Carbohydrate	7.7	g
-sugars	6.4	g

Measuretool

0 cm	1 cm	2 cm

*Due to the size and nature of chickens you may be supplied a different amount of thighs than indicated but you can be certain that you will receive the intended weight.



1 Preheat the oven to **200°C/180°C** fan-forced.

2 Scatter the **zucchini, onion, tomatoes, rosemary leaves, bacon, vegetable stock, olives** and **water** in an oven tray. Top with the **chicken thighs**, then drizzle with the **oil** then add the **lemon zest**, a good grind of **pepper**, and a pinch of **sea salt**. Place in the oven and bake for **20-25 minutes** or until the chicken is cooked through.



3 Remove from the oven and take straight to the table, serve with **lemon wedges** if you'd like. So simple. So good!



Did you know? One of the oldest known cookbooks, the Roman 'Apicius' dated 4th-5th Century AD, features olives. Four-thousand years later and they're still as good as ever!