



Garlic Chicken & Cauliflower-Kale Traybake

with Potato & Truffle Mayo

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Zucchini



Cauliflower



Garlic & Herb Seasoning



Chicken Thigh



Nan's Special Seasoning



Kale



Italian Truffle Mayonnaise

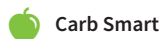


Chicken Breast

Recipe Update

Unfortunately, this week's carrot was in short supply, so we've replaced it with zucchini. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins
Ready in: 25-35 mins



Eat Me Early

Tonight, whip up an easy garlic chicken dish that is an all-time classic. To keep the carbs in check, we've added a bountiful roast veggie toss that nips that carb craving in the bud. We've also added our favourite truffle mayo to take this one up a notch.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
zucchini	1	2
cauliflower	1 medium	1 large
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
kale	1 medium bag	1 large bag
Italian truffle mayonnaise	1 packet	2 packets
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1967kJ (470Cal)	356kJ (85Cal)
Protein (g)	39.8g	7.2g
Fat, total (g)	24.1g	4.4g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	23g	4.2g
- sugars (g)	8.3g	1.5g
Sodium (mg)	1079mg	195mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1897kJ (453Cal)	344kJ (82Cal)
Protein (g)	42.7g	7.7g
Fat, total (g)	20.8g	3.8g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	23g	4.2g
- sugars (g)	8.3g	1.5g
Sodium (mg)	1067mg	193mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW24



1



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **zucchini** into bite-sized chunks. Cut **cauliflower** into small florets.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Season, then add **chicken thigh**, turning to coat.

Little cooks: Take charge by combining the chicken with the seasoning!

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Combine chicken with seasoning as above.

3



Cook the chicken & veggies

- While the veggies are roasting, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Add **chicken** and cook until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray and bake until cooked through (when no longer pink inside), **12-14 minutes**.

Custom Recipe: Heat frying pan as above. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded). Transfer to a plate.

2



Roast veggies

- Place veggies on lined oven tray. Sprinkle over **Nan's special seasoning**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.
- Meanwhile, roughly tear **kale** leaves, then discard stems.
- When the veggies have **8 minutes** remaining, add **kale** and a pinch of **salt** to the tray.
- Gently toss to combine. Return tray to the oven, then roast until tender, **5-8 minutes**.

Little cooks: Help with sprinkling over the seasoning and tossing the veggies.

4



Serve up

- Slice chicken.
- Divide roast cauliflower-kale medley and garlic chicken between plates.
- Serve with **Italian truffle mayonnaise**. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate