



# Cheesy Chicken Traybake

with Aussie-Spiced Potatoes & Salad

KID FRIENDLY



Grab your Meal Kit with this symbol



Tomato Paste



Garlic Paste



Chicken Thigh



Shredded Cheddar Cheese



Chopped Potato



Aussie Spice Blend



Cucumber



Carrot



Mixed Salad Leaves



Mayonnaise



Chicken Breast

Prep in: 10-20 mins  
Ready in: 30-40 mins

Calorie Smart

Eat Me Early

Upgrade your weeknight dinner by whipping up this fuss-free traybake, complete with all the trimmings. The salad works a treat with the cheesy tomato topping, providing some sweetness and acidity to cut the richness.

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

### Pantry items

Olive Oil, Vinegar (White Wine Or Balsamic)

## 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

## Ingredients

|   | 2 People        | 4 People        |
|---|-----------------|-----------------|
| <b>olive oil*</b>                           | refer to method | refer to method |
| tomato paste                                | 1 packet        | 1 packet        |
| garlic paste                                | 1 packet        | 2 packets       |
| chicken thigh                               | 1 small packet  | 1 large packet  |
| shredded Cheddar cheese                     | 1 medium packet | 1 large packet  |
| chopped potato                              | 1 medium bag    | 2 medium bags   |
| Aussie spice blend                          | 1 medium sachet | 1 large sachet  |
| cucumber                                    | 1               | 2               |
| carrot                                      | 1               | 2               |
| <b>vinegar*</b><br>(white wine or balsamic) | drizzle         | drizzle         |
| mixed salad leaves                          | 1 small bag     | 1 medium bag    |
| mayonnaise                                  | 1 medium packet | 1 large packet  |
| chicken breast**                            | 1 small packet  | 1 large packet  |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2457kJ (587Cal) | 405kJ (97Cal) |
| Protein (g)      | 42.9g           | 7.1g          |
| Fat, total (g)   | 27.2g           | 4.5g          |
| - saturated (g)  | 7.6g            | 1.3g          |
| Carbohydrate (g) | 40.3g           | 6.6g          |
| - sugars (g)     | 12.2g           | 2g            |
| Sodium (mg)      | 907mg           | 149mg         |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2363kJ (565Cal) | 389kJ (93Cal) |
| Protein (g)      | 47.5g           | 7.8g          |
| Fat, total (g)   | 22.6g           | 3.7g          |
| - saturated (g)  | 6.3g            | 1g            |
| Carbohydrate (g) | 40.3g           | 6.6g          |
| - sugars (g)     | 12.2g           | 2g            |
| Sodium (mg)      | 886mg           | 146mg         |

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](https://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



1



## Flavour the chicken

- Preheat oven to **240°C/220°C fan-forced**.
- In a medium bowl, combine **tomato paste**, **garlic paste** and a drizzle of **olive oil**. Add **chicken thigh**, then turn to coat. Season with **salt** and **pepper**.
- Place **chicken** on a lined oven tray. Top with **shredded Cheddar cheese**.

**Little cooks:** Help out by sprinkling the cheese over the chicken.

**Custom Recipe:** If you've swapped to chicken breast, coat chicken breast in the same way as chicken thigh. Continue with step.

3



## Make the salad

- Meanwhile, thinly slice **cucumber** into half-moons. Grate **carrot**.
- In a second medium bowl, combine a drizzle of the **vinegar** and **olive oil**. Season, then add **cucumber**, **carrot** and **mixed salad leaves**. Toss to combine.

**Little cooks:** Lend a hand by tossing the salad.

2



## Bake the potato & chicken

- On a second lined oven tray, spread out **chopped potato**. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and season. Toss to coat. Roast until tender, **20-25 minutes**.
- When potato has been roasting for **10 minutes**, place the tray with the **chicken** in the oven and bake until **chicken** is cooked through (when no longer pink inside), **14-16 minutes**.

**Custom Recipe:** When potato has been roasting for 5 minutes, place the tray with the chicken breast in the oven and bake until chicken is cooked through (when no longer pink inside), 16-20 minutes.

4



## Serve up

- Divide cheesy tomato chicken, Aussie-spiced potatoes and salad between plates.
- Serve with **mayonnaise**. Enjoy!

## Rate your recipe

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