



Chicken Traybake & Rocket-Fennel Salad

with Aussie-Spiced Potatoes & Mayonnaise

KID FRIENDLY

Grab your Meal Kit with this symbol



Tomato Paste



Garlic Paste



Chicken Thigh



Shredded Cheddar Cheese



Chopped Potato



Aussie Spice Blend



Snacking Tomatoes



Carrot



Spinach, Rocket & Fennel Mix



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
olive oil*	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
snacking tomatoes	1 punnet	2 punnets
carrot	1	2
vinegar* (white wine or balsamic)	drizzle	drizzle
spinach, rocket & fennel mix	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)	2473kJ (591Cal)	398kJ (95Cal)
Protein (g)	42.9g	6.9g
Fat, total (g)	27.3g	4.4g
- saturated (g)	7.6g	1.2g
Carbohydrate (g)	40.9g	6.6g
- sugars (g)	10.8g	1.7g
Sodium (mg)	903mg	145mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2379kJ (569Cal)	382kJ (91Cal)
Protein (g)	47.5g	7.6g
Fat, total (g)	22.7g	3.6g
- saturated (g)	6.3g	1g
Carbohydrate (g)	40.9g	6.6g
- sugars (g)	10.8g	1.7g
Sodium (mg)	882mg	142mg

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



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 and place on a lined oven tray, as above. Top chicken with shredded Cheddar cheese.

3



Make the salad

- Meanwhile, halve **snacking tomatoes**. Grate **carrot**.
- In a second medium bowl, combine a drizzle of the **vinegar** and **olive oil**. Season, then add **tomatoes**, **carrot** and **spinach, rocket & fennel mix**. Toss to combine.

Little cooks: Lend a hand by tossing the salad!

2

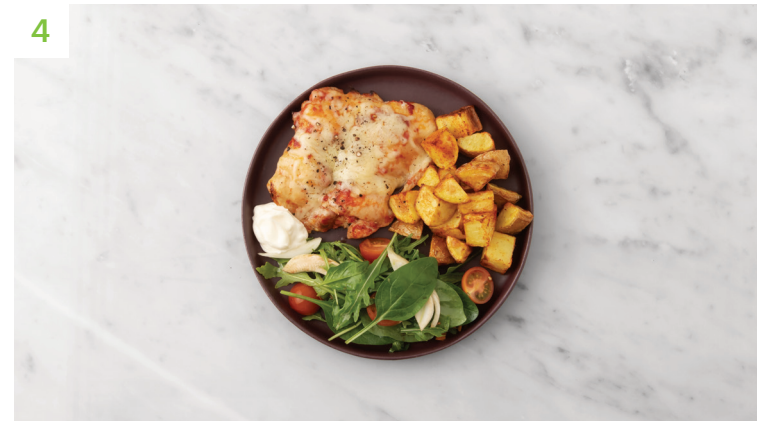


Bake the chicken & potato

- 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 chicken breast in the oven and bake until cooked through (when no longer pink inside), 16-20 minutes.

4



Serve up

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

Little cooks: Add the finishing touch by dolloping over the mayonnaise!

Rate your recipe

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