

Quick Nan's Chicken & Veggie Traybake with Almonds & Herby Mayo

EXPLORER

KID FRIENDLY

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol













Brown Onion

Sweet Potato



Garlic & Herb



Nan's Special

Seasoning

Seasoning



Chicken Thigh



Baby Spinach



Dill & Parsley



Mayonnaise



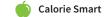
Pantry items

Flaked Almonds



Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me Early



In this fab and failproof traybake, Nan's special seasoning adds a rich, traditional flavour to succulent chicken thigh. Complete with hearty sweet potato, herby mayo and golden flaked almonds for crunch, no element has been missed here!

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 \cdot Large frying pan

Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
zucchini	1	2	
sweet potato	2	4	
brown onion	1/2	1	
garlic & herb seasoning	1 medium sachet	2 medium sachets	
Nan's special seasoning	1 small sachet	2 small sachets	
chicken thigh	1 medium packet	2 medium packets OR 1 large packet	
baby spinach leaves	1 medium packet	1 large packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	
dill & parsley mayonnaise	1 medium packet	1 large packet	
flaked almonds	1 medium packet	1 large packet	
chicken breast**	1 medium packet	2 medium packets OR 1 large packet	
Account to the second second			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
2478kJ (592Cal)	381kJ (91Cal)
40.9g	6.3g
28.6g	4.4g
4g	0.6g
42.9g	6.6g
21.2g	3.3g
911mg	140mg
	2478kJ (592Cal) 40.9g 28.6g 4g 42.9g 21.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2364kJ (565Cal)	363kJ (87Cal)
Protein (g)	47.2g	7.3g
Fat, total (g)	22.6g	3.5g
- saturated (g)	2.3g	0.4g
Carbohydrate (g)	42.9g	6.6g
- sugars (g)	21g	3.2g
Sodium (mg)	880mg	135mg

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





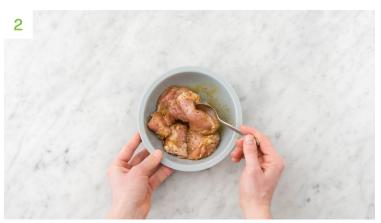
Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut carrot, zucchini and sweet potato into bite-sized chunks.
- Cut brown onion (see ingredients) into thick wedges.
- Place sweet potato on a lined oven tray. Drizzle with olive oil, sprinkle with garlic & herb seasoning and toss to coat.
- Place carrot, zucchini and brown onion on a second lined oven tray. Drizzle
 with olive oil, season with salt and pepper and toss to coat. Roast both
 trays until golden and tender, 20-25 minutes.



Bring it all together

 Transfer roasted veggies to the tray with roasted sweet potato, then add baby spinach leaves and a drizzle of vinegar. Toss to combine. Season to taste.



Cook the chicken

- Meanwhile, combine Nan's special seasoning and a drizzle of olive oil in a medium bowl. Season, then add chicken thigh, turning to coat.
- When veggies have 15 minutes remaining, in a large frying pan, heat a
 drizzle of olive oil over medium-high heat. Cook chicken, until browned,
 2 minutes each side.
- Remove tray with **sweet potato** from oven. Move **sweet potato** to one side of the tray, then transfer **chicken** to the other side.
- Roast until sweet potato is caramelised and chicken is browned and cooked through, 8-12 minutes.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: If you've swapped to chicken breast, season and cook chicken in the same way as above.



Serve up

- Divide roasted veggies between plates.
- Top with Nan's chicken and a dollop of dill & parsley mayonnaise.
- Sprinkle with flaked almonds to serve. Enjoy!

Rate your recipe

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