



Quick Nan's Chicken & Veggie Traybake

with Almonds & Herby Mayo

EXPLORER

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Zucchini



Sweet Potato



Brown Onion



Garlic & Herb Seasoning



Nan's Special Seasoning



Chicken Thigh



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Flaked Almonds



Chicken Breast

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

Calorie Smart

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!

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
sweet potato	2	4
brown onion	½	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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2478kJ (592Cal)	381kJ (91Cal)
Protein (g)	40.9g	6.3g
Fat, total (g)	28.6g	4.4g
- saturated (g)	4g	0.6g
Carbohydrate (g)	42.9g	6.6g
- sugars (g)	21.2g	3.3g
Sodium (mg)	911mg	140mg

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



1



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**.

3



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.

2



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.

4



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!

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