



Garlic Chicken & Cauliflower-Kale Traybake

with Roasted Potato & Truffle Mayo

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Zucchini



Cauliflower



Rosemary



Garlic & Herb Seasoning



Chicken Thigh



Kale



Italian Truffle Mayonnaise



Chicken Thigh

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



Calorie Reduced*
**Custom recipe is not Calorie Reduced*

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.

Eat Me Early

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

Oven tray 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 portion	1 large portion
rosemary	2 sticks	4 sticks
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
kale	1 medium packet	1 large packet
Italian truffle mayonnaise	1 packet	2 packets
chicken thigh**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1908kJ (456Cal)	346kJ (83Cal)
Protein (g)	39.5g	7.2g
Fat, total (g)	24.1g	4.4g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	19.8g	3.6g
- sugars (g)	7.4g	1.3g
Sodium (mg)	680mg	123mg
Dietary Fibre (g)	10.2g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2735kJ (654Cal)	382kJ (91Cal)
Protein (g)	69.8g	9.7g
Fat, total (g)	32.6g	4.5g
- saturated (g)	6.3g	0.9g
Carbohydrate (g)	19.9g	2.8g
- sugars (g)	7.5g	1g
Sodium (mg)	782mg	109mg
Dietary Fibre	10.2g	1.4g

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



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **zucchini** into bite-sized chunks.
- Cut **cauliflower** into small florets.
- Pick and finely chop **rosemary** leaves.
- 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 doubled your chicken thigh, prepare chicken in a large bowl and cook in batches for best results.



Cook the chicken

- 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 oven tray with the veggies and bake until cooked through (when no longer pink inside), **12-14 minutes**.

TIP: Add chicken to a second lined oven tray if your tray is getting crowded!



Roast the veggies

- Place prepped **veggies** on a lined oven tray. 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** cook time remaining, add **kale**, **rosemary** 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.



Serve up

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

Rate your recipe

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