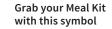


# Garlic Chicken & Cauliflower-Kale Traybake

with Roasted Potato & Truffle Mayo

KID FRIENDLY

















Rosemary



Seasoning



Chicken Thigh





Italian Truffle Mayonnaise



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

Eat Me Early



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.

**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

9			
	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)	<b>346kJ</b> (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 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!