



Garlic Chicken & Cauliflower-Kale Traybake

with Roasted Potato & Truffle Mayo

KID FRIENDLY

Grab your meal kit with this number

40



Potato



Zucchini



Cauliflower



Rosemary



Garlic & Herb Seasoning



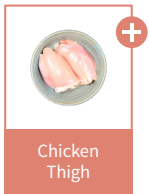
Chicken Thigh



Kale



Italian Truffle Mayonnaise



Chicken Thigh



Chicken Breast

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

Calorie Reduced

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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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	2 medium packets
Italian truffle mayonnaise	1 packet	2 packets

*Pantry Items

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)	6.9g	1.3g

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.



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** in a medium bowl. Season, then add **chicken thigh**, turning to coat.

Little cooks: Take charge by combining the chicken with the seasoning!



Cook the chicken & veggies

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



Roast veggies

- Place **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 cauli-kale traybake and garlic chicken between plates.
- Serve with **Italian truffle mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

