









Nan's Chicken Thigh Traybake


with Pumpkin Wedges & Dill-Parsley Yoghurt

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Carrot
-  Capsicum
-  Red Onion
-  Nan's Special Seasoning
-  Chicken Thigh
-  Flaked Almonds
-  Greek Yoghurt
-  Dill & Parsley Mayonnaise
-  Baby Spinach Leaves

 Hands-on: 25-35 mins
 Ready in: 40-50 mins
 Calorie Smart

 Eat me early

Our popular Nan's special seasoning, with paprika, pepper and garlic, instantly adds a rich, traditional flavour to succulent chicken thigh. Add dill-parsley yoghurt and roasted veggies for a dish worth enjoying again and again.

Pantry items

Olive Oil, Plain Flour

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
butternut pumpkin	1 (medium)	1 (large)
carrot	1	2
capsicum	1	2
red onion	½	1
Nan's special seasoning	1 sachet	2 sachets
chicken thigh	1 small packet	1 large packet
plain flour*	1 tsp	2 tsp
flaked almonds	1 packet	2 packets
Greek yoghurt	½ packet (50g)	1 packet (100g)
dill & parsley mayonnaise	½ packet (25g)	1 packet (50g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2339kJ (559Cal)	304kJ (72Cal)
Protein (g)	44.7g	5.8g
Fat, total (g)	22.8g	3g
- saturated (g)	4.7g	0.6g
Carbohydrate (g)	38.4g	5g
- sugars (g)	31.5g	4.1g
Sodium (mg)	500mg	65mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.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 the oven to **240°C/220°C fan-forced**. Peel and slice the **butternut pumpkin** into 1cm wedges. Chop the **carrot** into 1cm chunks. Thinly slice the **capsicum**. Chop the **red onion** (see ingredients) into 2cm wedges.

TIP: Cut the veggies to size so they cook in time.



Roast the veggies

Divide the **veggies** between two oven trays lined with baking paper. Drizzle with **olive oil** and season with the **salt** and **pepper**. Toss to coat and arrange in a single layer. Roast until golden and tender, **25-30 minutes**.



Roast the chicken

While the veggies are in the oven, combine the **Nan's special seasoning**, **plain flour** and a drizzle of **olive oil** in a bowl. Add the **chicken thigh**, season with **salt** and **pepper**, and toss to coat. Move the **veggies** to one side of an oven tray and add the **chicken**. Roast until cooked through, **20 minutes**.



Toast the almonds

While the chicken is roasting, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast until golden, **2-3 minutes**. In a small bowl, combine the **yoghurt** (see ingredients) and **dill & parsley mayonnaise** (see ingredients).



Bring it all together

When the veggies are done, add the **baby spinach leaves** to the tray and gently toss to combine.



Serve up

Slice Nan's chicken. Divide the roast veggies between plates and top with the chicken. Spoon over the dill-parsley yoghurt and garnish with the flaked almonds.

Enjoy!