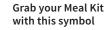


Cheesy Chicken Traybake with Aussie-Spiced Potatoes & Salad

KID FRIENDLY









Tomato Paste



Chicken Thigh





Cheese





Aussie Spice

Blend

Chopped Potato





Cucumber



Mixed Salad Leaves



Mayonnaise





Prep in: 10-20 mins Ready in: 30-40 mins

Eat Me Early



Upgrade your weeknight dinner by whipping up this fuss-free traybake, complete with all the trimmings. The salad works a treat with the cheesy tomato topping, providing some sweetness and acidity to cut the richness.





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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
tomato paste	1 packet	1 packet		
garlic paste	1 packet	2 packets		
chicken thigh	1 small packet	1 large packet		
shredded Cheddar cheese	1 medium packet	1 large packet		
chopped potato	1 medium bag	2 medium bags		
Aussie spice blend	1 medium sachet	1 large sachet		
cucumber	1	2		
carrot	1	2		
vinegar* (white wine or balsamic)	drizzle	drizzle		
mixed salad leaves	1 small bag	1 medium bag		
mayonnaise	1 medium packet	1 large packet		
chicken breast**	1 small packet	1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2457kJ (587Cal)	405kJ (97Cal)
Protein (g)	42.9g	7.1g
Fat, total (g)	27.2g	4.5g
- saturated (g)	7.6g	1.3g
Carbohydrate (g)	40.3g	6.6g
- sugars (g)	12.2g	2g
Sodium (mg)	907mg	149mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2387kJ (571Cal)	393kJ (94Cal)
Protein (g)	45.8g	7.5g
Fat, total (g)	24g	4g
- saturated (g)	6.7g	1.1g
Carbohydrate (g)	40.3g	6.6g
- sugars (g)	12.2g	2g
Sodium (mg)	894mg	147mg

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





Flavour the chicken

- Preheat oven to 240°C/220°C fan-forced.
- In a medium bowl, combine tomato paste, garlic paste and a drizzle of olive oil. Add chicken thigh, then turn to coat. Season with salt and
- Place chicken on a lined oven tray. Top with shredded Cheddar cheese.

Little cooks: Help out by sprinkling the cheese over the chicken.

Custom Recipe: If you've swapped to chicken breast, place chicken breast, tomato paste and garlic paste on a lined oven tray as above. Top chicken with shredded Cheddar cheese, as above.



Make the salad

- Meanwhile, thinly slice **cucumber** into half-moons. Grate **carrot**.
- In a second medium bowl, combine a drizzle of the vinegar and olive oil. Season, then add cucumber, carrot and mixed salad leaves. Toss to combine.

Little cooks: Lend a hand by tossing the salad.



Bake the chicken & potato

- On a second lined oven tray, spread out **chopped potato**. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and season. Toss to coat.
- Bake chicken and potato until potato is tender and chicken is cooked through, 20-25 minutes.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: Bake potato until potato is tender, 20-25 minutes. After 5 minutes, add the tray with chicken breast to the oven and bake until cooked through, 15-20 minutes.



Serve up

- Divide cheesy tomato chicken, Aussie-spiced potatoes and salad between
- Serve with **mayonnaise**. Enjoy!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate