



# Cheesy Chicken Traybake

with Aussie-Spiced Potatoes & Salad

KID FRIENDLY



Grab your Meal Kit with this symbol



Tomato Paste



Garlic Paste



Chicken Thigh



Shredded Cheddar Cheese



Chopped Potato



Aussie Spice Blend



Cucumber



Carrot



Mixed Salad Leaves



Mayonnaise



Chicken Breast

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

Calorie Smart

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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

	2 People	4 People
<b>olive oil*</b>	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
<b>vinegar*</b> (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](https://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



1



## 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 **pepper**.
- 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.

3



## 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.

2



## 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.

4



## Serve up

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

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)