



Chicken Traybake & Rocket-Fennel Salad

with Aussie-Spiced Potatoes

KID FRIENDLY

Grab your Meal Kit with this symbol



Tomato Paste



Garlic Paste



Chicken Thigh



Shredded Cheddar Cheese



Chopped Potato



Aussie Spice Blend



Snacking Tomatoes



Carrot



Spinach, Rocket & Fennel Mix



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 topped chicken, 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

Ingredients

| | 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 |
| snacking tomatoes | 1 punnet | 2 punnets |
| carrot | 1 | 2 |
| vinegar* (white wine or balsamic) | drizzle | drizzle |
| spinach, rocket & fennel mix | 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) | 2473kJ (591Cal) | 398kJ (95Cal) |
| Protein (g) | 42.9g | 6.9g |
| Fat, total (g) | 27.3g | 4.4g |
| - saturated (g) | 7.6g | 1.2g |
| Carbohydrate (g) | 40.9g | 6.6g |
| - sugars (g) | 10.8g | 1.7g |
| Sodium (mg) | 903mg | 145mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2403kJ (574Cal) | 386kJ (92Cal) |
| Protein (g) | 45.8g | 7.4g |
| Fat, total (g) | 24.1g | 3.9g |
| - saturated (g) | 6.7g | 1.1g |
| Carbohydrate (g) | 40.9g | 6.6g |
| - sugars (g) | 10.8g | 1.7g |
| Sodium (mg) | 890mg | 143mg |

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



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.

3



Make the salad

- Meanwhile, halve **snacking tomatoes**. Grate **carrot**.
- In a second medium bowl, combine a drizzle of the **vinegar** and **olive oil**. Season, then add **cucumber**, **carrot** and **spinach, rocket & fennel mix**. 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 tender, 20-25 minutes. After 5 minutes, add tray with chicken to the oven and bake until cooked through (when no longer pink inside), 15-20 minutes.

4



Serve up

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

Little cooks: Add the finishing touch by dolloping over the mayonnaise!

Rate your recipe

Our Culinary team is waiting for your feedback!

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