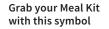


Chicken Traybake & Rocket-Fennel Salad

with Aussie-Spiced Potatoes

KID FRIENDLY









Tomato Paste



Chicken Thigh

Shredded Cheddar Cheese





Chopped Potato

Aussie Spice Blend





Snacking Tomatoes

Carrot





Spinach, Rocket & Fennel Mix

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 topped chicken, 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

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		
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		
*D				

^{*}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.

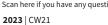
Allergens

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.



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
 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.



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!



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.



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!

