



Easy Cheesy Chicken Traybake

with Aussie-Spiced Potatoes & Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Tomato Paste



Aussie Spice Blend



Red Apple



Carrot



Mixed Salad Leaves



Garlic Paste



Chicken Thigh



Shredded Cheddar Cheese



Chopped Potato



Mayonnaise

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.

Pantry items

Olive Oil, Balsamic Vinegar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato paste	1 packet	2 packets
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 bag	2 bags
Aussie spice blend	1 medium sachet	2 medium sachets
red apple	1	2
carrot	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2587kJ (618Cal)	439kJ (104Cal)
Protein (g)	42.8g	7.3g
Fat, total (g)	28.3g	4.8g
- saturated (g)	7.7g	1.3g
Carbohydrate (g)	45.8g	7.8g
- sugars (g)	17.3g	2.9g
Sodium (mg)	958mg	163mg
Dietary Fibre (g)		

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.

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.

3



Make the salad

- Meanwhile, thinly slice **apple** into wedges. Grate **carrot**.
- In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add **apple**, **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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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