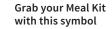


Easy Cheesy Chicken Traybake with Aussie-Spiced Potatoes & Salad

KID FRIENDLY









Tomato Paste





Red Apple









Chicken Thigh



Shredded Cheddar



Chopped Potato

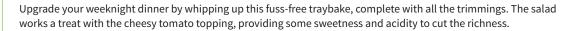


Mayonnaise

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

Eat Me Early







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.



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.



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.



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.



Serve up

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

