



## Easy Chicken Tray Bake with Sesame Seeds

Some flavours are like a brass band or a big, belting diva. This sesame seed chicken is more like a hum – a subtle tune that will carry you away with its delicious nutty finish. It's the perfect easy meal if you're all cooked out from Christmas!



**Prep:** 10 mins

**Cook:** 30 mins

**Total:** 40 mins



level 1



eat me first



high protein

### Pantry Items



Olive Oil



Sweet Potato



Zucchini



Garlic



Sweet Paprika



Diced Tomatoes



Free Range Chicken Thighs



Sesame Seeds



Coriander

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2P	4P	Ingredients
400 g	800 g	sweet potato, peeled & cut into 2 cm chunks
1	2	zucchini, sliced into 2 cm discs
2 tbs	4 tbs	olive oil *
1 clove	2 cloves	garlic, peeled & crushed
½ sachet	1 sachet	sweet paprika ( <b>recommended amount</b> )
1 tin	2 tins	diced tomatoes
1 packet	2 packets	free range chicken thighs
½ sachet	1 sachet	sesame seeds
½ bunch	1 bunch	coriander, leaves picked & roughly chopped

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2510	Kj
Protein	41.4	g
Fat, total	29.3	g
-saturated	6.1	g
Carbohydrate	38.5	g
-sugars	19.3	g
Sodium	184	mg

2a



**You will need:** *chef's knife, vegetable peeler, chopping board, tongs, garlic crusher, large bowl and oven proof baking dish.*

**1** Preheat the oven to **220°C/200°C** fan-forced.

**2** In a large bowl combine the **sweet potato, zucchini, olive oil, garlic** and **sweet paprika**. Transfer into an oven proof baking dish.

**3** Pour over the **diced tomatoes** and place the **chicken thighs** on top of the vegetables. Sprinkle over the **sesame seeds** and season with **salt** and **pepper**. Bake for **20-25 minutes**, or until cooked through.

**4** To serve, divide the chicken tray bake between plates and top with **coriander**. Enjoy!

2b



3a



3b



**Did you know?** Flamingoes are said to have brighter feather colours if paprika is added to their diet.