



Italian Chicken & Veggie Traybake

with Creamy Mash & Green Beans

Grab your Meal Kit with this symbol



Garlic



Thyme



Capsicum



Brown Onion



Tomato Paste



Rustic Herb Spice Blend



Chicken Thigh



Cherry Tomatoes



Potato



Green Beans

Hands-on: **30 mins**
Ready in: **35 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Baking chicken and veggies together in one tray is so easy you can hardly call it cooking. Add some classic Italian flavours and creamy mashed potato for mopping up the sauce, and you've got a delicious dinner that's got all bases covered.

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar, Butter, Milk

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

Large baking dish lined with baking paper · Large saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
garlic	4 cloves
thyme	1 bunch
capsicum	1
brown onion	1
tomato paste	1 sachet
rustic herb spice blend	1 sachet
brown sugar*	2 tsp
balsamic vinegar*	1 tbs
salt* (for the chicken)	½ tsp
chicken thigh	1 packet
cherry tomatoes	1 punnet
potato	4
green beans	1 bag (200g)
butter*	80g
milk*	½ cup
salt* (for the mash)	½ tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2450kJ (584Cal)	383kJ (92Cal)
Protein (g)	41.7g	6.5g
Fat, total (g)	26.3g	4.1g
- saturated (g)	13.7g	2.2g
Carbohydrate (g)	40.9g	6.4g
- sugars (g)	12.6g	2.0g
Sodium (g)	782mg	122mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.com.au/foodinfo](https://www.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 the oven to **240°C/220°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves. Cut the **capsicum** into 1cm strips. Slice the **brown onion** into 2cm wedges. In a large bowl, combine the **garlic**, **thyme** leaves, **tomato paste**, **rustic herb spice blend**, **brown sugar**, **balsamic vinegar**, the **salt (for the chicken)** and a **good drizzle of olive oil**. Add the **chicken thigh**, season with **pepper** and toss to coat. Bring a large saucepan of salted water to the boil.



4. Mash the potato

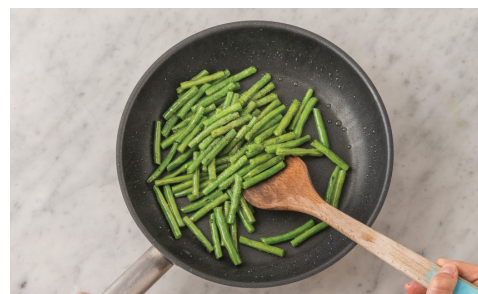
Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and the **salt (for mash)** to the saucepan with the potato. Mash with a **potato masher** or fork until smooth. Cover with a lid to keep warm and set aside.



2. Bake the chicken

In a large baking dish lined with baking paper, place the **capsicum**, **onion** and **cherry tomatoes**. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat and spread out evenly. Arrange the **chicken thigh** over the **veggies**. Bake until the veggies are tender and the **chicken** is cooked through, **20-25 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.



5. Cook the green beans

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **green beans** and cook until tender, **4-5 minutes**. Season with **salt** and **pepper**.



3. Prep the potato & beans

While the chicken is baking, peel the **potato** and cut into 2cm chunks. Trim and halve the **green beans**.



6. Serve up

Thickly slice the **chicken**. Divide the creamy mash and green beans between plates. Top with the Italian chicken and veggies. Spoon over the juices from the baking dish.

Enjoy!