



Nan's Chicken & Veggie Traybake

with Almonds & Herby Mayo

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Sweet Potato



Tomato



Brown Onion



Garlic & Herb Seasoning



Nan's Special Seasoning



Baby Spinach Leaves



Flaked Almonds



Chicken Thigh



Dill & Parsley Mayonnaise



Chicken Breast

Recipe Update

Due to sourcing challenges some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins
Ready in: 35-45 mins



Eat Me Early

In this fab and failproof traybake, Nan's special seasoning adds a rich, traditional flavour to succulent chicken thigh. Complete with hearty sweet potato, herby mayo and golden flaked almonds for crunch, no element has been missed here!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
sweet potato	2	4
tomato	1	2
brown onion	½	1
garlic & herb seasoning	1 sachet	2 sachets
Nan's special seasoning	1 sachet	2 sachets
chicken thigh	1 small packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	2 medium packets
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2568kJ (614Cal)	382kJ (91Cal)
Protein (g)	40.4g	6g
Fat, total (g)	28.5g	4.2g
- saturated (g)	4g	0.6g
Carbohydrate (g)	48.6g	7.2g
- sugars (g)	26.2g	3.9g
Sodium (mg)	1039mg	155mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2498kJ (597Cal)	372kJ (89Cal)
Protein (g)	43.3g	6.4g
Fat, total (g)	25.2g	3.8g
- saturated (g)	3.1g	0.5g
Carbohydrate (g)	48.6g	7.2g
- sugars (g)	26.2g	3.9g
Sodium (mg)	1027mg	153mg

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat the oven to **240°C/220°C fan-forced**. Cut **carrot** and **sweet potato** into bite-sized chunks.
- Cut **tomato** and **brown onion** (see ingredients) into thick wedges.



Roast the chicken

- When the veggies have **15 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken thigh** until browned, **2 minutes** each side.
- Remove **sweet potato** tray from the oven. Move **sweet potato** to one side of the tray, then transfer the **chicken** to the other side.
- Roast until the **sweet potato** is caramelised and the **chicken** is cooked through, **8-12 minutes**.

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

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken, until browned, 2 minutes each side. Transfer chicken to lined oven tray and bake until cooked through, 8-12 minutes.



Roast the veggies

- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and toss to coat. Set aside.
- Place **carrot**, **tomato** and **brown onion** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast both trays until golden and tender, **25-30 minutes**.



Bring it all together

- Add roasted **sweet potato** to tray with roasted **veggies**.
- Add **baby spinach leaves** and a drizzle of **vinegar**. Toss to combine.



Prep the chicken

- Meanwhile, combine **Nan's special seasoning** and a drizzle of **olive oil** in a medium bowl. Season, then add **chicken thigh**, turning to coat.

Custom Recipe: If you've swapped to chicken breast, combine chicken breast with spice blend as above.



Serve up

- Divide the veggies between plates. Top with Nan's chicken and a dollop of **dill & parsley mayonnaise**. Sprinkle with **flaked almonds** to serve. Enjoy!

Rate your recipe

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