

Nan's Chicken & Veggie Traybake

with Almonds & Herby Mayo

KID FRIENDLY

Grab your Meal Kit with this symbol





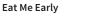
Pantry items

Olive Oil, Vinegar (White Wine or Balsamić)

Prep in: 20-30 mins **Calorie Smart** Ready in: 35-45 mins

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!

11



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

Flaked Almonds

Dill & Parsley Mayonnaise

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 \cdot 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	1/2	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			

*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 2023 | CW09





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 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.



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.



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.



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.



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 We need your expertise! Let our Culinary team know what you thought: **hellofresh.com.au/rate**