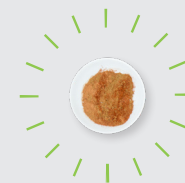




# AMERICAN SPICED CHICKEN TRAY BAKE

with Wedges & Garden Salad



Make an American flavoured tray bake!



Potato



Garlic



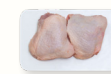
Carrot



Red Capsicum



Corn



Chicken Thigh



All-American Spice Blend



Tomato



Cucumber



Mixed Salad Leaves



Garlic Aioli



Hands-on: **20** mins  
Ready in: **40** mins



Eat me early



Naturally gluten-free  
*Not suitable for Coeliacs*

Create a family feast of colourful veggies and juicy chicken! The mild spices bring an All-American flavour to the chicken, and as it's all cooked together on the same tray, the spices get a chance to mix and mingle in the oven. Served with a fresh green salad on the side, this is a meal that you'll want again and again!

**Pantry Staples:** Olive Oil, Balsamic Vinegar, Honey



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**



### 1 BAKE THE WEDGES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place the wedges on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **generous pinch** of **salt** and **pepper** and toss to coat. Bake on the top rack until tender, **30-35 minutes**. **TIP:** Cut the potatoes to the correct size to ensure they cook in the allocated time.



### 4 PREP THE SALAD

While the chicken is baking, thinly slice the **tomato** and **cucumber** into half-moons. In a large bowl, combine the **balsamic vinegar**, **honey** and a **good drizzle** of **olive oil**.



### 2 PREP THE TRAY BAKE

While the potatoes are baking, finely chop the **garlic** (or use a garlic press). Chop the **carrot** (unpeeled) into thin rounds. Chop the **red capsicum** into 2cm chunks. Slice the kernels from the **corn cob**. In a large bowl, combine the **garlic**, **chicken thigh**, **1 1/2 sachets All-American spice blend** and a **good drizzle** of **olive oil**. Season with the **salt** and **pepper** and toss to coat.

**SPICY!** This is a mild spice blend, but feel free to add less if you're sensitive to heat!



### 5 DRESS THE SALAD

Just before serving, add the **mixed salad leaves**, **tomato** and **cucumber** to the bowl with the dressing and toss to coat. Season to taste with **salt** and **pepper**.



### 3 BAKE THE CHICKEN

Place the **carrot**, **red capsicum** and **corn** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly across the tray and nestle the **chicken thigh** amongst the veggies. Bake until the veggies are tender and the chicken is cooked through, **20-25 minutes**.



### 6 SERVE UP

Thickly slice the chicken. Divide the American spiced chicken tray bake, potato wedges and garden salad between plates. Serve with the **garlic aioli**.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
garlic	2 cloves
carrot	2
red capsicum	1
corn	1
chicken thigh	1 packet
All-American spice blend	1 1/2 sachets
salt*	1/4 tsp
tomato	1
cucumber	1
balsamic vinegar*	2 tsp
honey*	1 tsp
mixed salad leaves	1 bag (60 g)
garlic aioli	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2600kJ (622Cal)	432kJ (103Cal)
Protein (g)	40.7g	6.8g
Fat, total (g)	30.9g	5.1g
- saturated (g)	5.9g	1.0g
Carbohydrate (g)	41.7g	6.9g
- sugars (g)	12.0g	2.0g
Sodium (g)	647mg	107mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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