

## **CHICKEN & CHEESY SWEET POTATO TRAYBAKE**

This super-simple chicken traybake is both delicious and nutritious – not that you'd know that to look at it. Undercover

veg and a roast sweet potato topping (covered in melted cheese for an irresistible twist) take it to next-level tastiness.

with Chipotle Yoghurt





Add flavour to yoghurt with chipotle sauce!



Sweet Potato



Shredded Cheddar



Sweetcorn



Green Capsicum





Chicken Thigh



Tex-Mex Spice Blend



**Greek Yoghurt** 

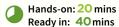


Mild Chipotle Sauce



**Baby Spinach** Leaves

Pantry Staples: Olive Oil







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

• two oven trays lined with baking paper



**BAKE THE SWEET POTATO** Preheat the oven to 240°C/220°C fanforced. Cut the sweet potato (unpeeled) into 3cm chunks. Place the sweet potato, a drizzle of olive oil and a pinch of salt and pepper on an oven tray lined with baking paper. Toss to coat and bake until tender, 30-35 minutes. In the last 5 minutes of cook time, sprinkle with the **shredded Cheddar cheese** and bake until melted.



**GET PREPPED** While the sweet potato is baking, drain the sweetcorn. Cut the green capsicum into thin strips. Finely chop the garlic (or use a garlic press). In a medium bowl, combine the chicken thigh, Tex-Mex spice blend, garlic, a pinch of salt and pepper and a drizzle of olive oil.



**BAKE THE CHICKEN & VEGGIES** On a second oven tray lined with baking paper, place the corn kernels, capsicum, a drizzle of olive oil and a pinch of salt and pepper. Toss to coat, then spread over half of the tray. Place the chicken on the other half of the tray. Bake until the veggies are tender and the chicken is cooked through, 15-20 minutes. Set the **chicken** aside to rest for **5 minutes**. TIP: Chicken is cooked through when it's no longer pink inside.



MAKE THE CHIPOTLE YOGHURT TIP: Keep the yoghurt plain for the kids if they prefer! While the veggies and chicken are baking, combine the **Greek yoghurt** and 1/2 a tub of mild chipotle sauce in a small bowl.



FINISH THE VEGGIES In a large bowl, add the **baby spinach** leaves, roasted veggies and a pinch of salt and **pepper**. Gently toss to combine.



**SERVE UP** Thickly slice the chicken. Divide the cheesy sweet potato and roasted veggie mixture between plates. Top with the sliced chicken and a dollop of the chipotle yoghurt.

**ENJOY!** 

## **INGREDIENTS**

	4-5P	
olive oil*	refer to method	
sweet potato	4	
shredded Cheddar cheese	1 packet (100g)	
sweetcorn	1 tin (300g)	
green capsicum	1	
garlic	2 cloves	
chicken thigh	1 packet	
Tex-Mex spice blend	2 sachets	
Greek yoghurt	1 tub (200g)	
mild chipotle sauce	1/2 tub (20g)	
baby spinach leaves	1 bag (60g)	

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	2410kJ (575Cal)	410kJ (98Cal)
Protein (g)	48.1g	8.2g
Fat, total (g)	21.6g	3.7g
- saturated (g)	10.0g	1.7g
Carbohydrate (g)	42.8g	7.3g
- sugars (g)	21.0g	3.6g
Sodium (g)	947mg	161mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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