



CHICKEN & CHEESY SWEET POTATO TRAYBAKE

with Chipotle Yoghurt



Add flavour to yoghurt with chipotle sauce!



Sweet Potato



Shredded Cheddar Cheese



Sweetcorn



Green Capsicum



Garlic



Chicken Thigh



Tex-Mex Spice Blend



Greek Yoghurt



Mild Chipotle Sauce



Baby Spinach Leaves

Pantry Staples: Olive Oil

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

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

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.

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 SWEET POTATO

Preheat the oven to **240°C/220°C fan-forced**. 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.



2 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**.



3 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.



4 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.



5 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.



6 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!

4-5 PEOPLE 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	½ tub (20g)
baby spinach leaves	1 bag (60g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
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](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

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