

Easy Cheesy Chicken Traybake

with Aussie-Spiced Potatoes & Salad

Grab your Meal Kit with this symbol



Tomato Paste



Aussie Spice Blend



Apple



Carrot



Salad Leaves



Chopped Potato



Garlic Paste



Chicken Thigh



Shredded Cheddar Cheese



Mayonnaise

Prep in: 10-20 mins
Ready in: 30-40 mins

Eat Me Early

Naturally Gluten-Free
Not suitable for coeliacs

Calorie Smart

Upgrade your weeknight dinner by whipping up this fuss-free traybake, complete with all the trimmings. The salad works a treat with the cheesy tomato topping, providing some sweetness and acidity to cut the richness.

Pantry items

Olive Oil, Balsamic Vinegar

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
chicken thigh	1 small packet	1 large packet
tomato paste	1 packet	2 packets
garlic paste	1 packet	2 packets
shredded Cheddar cheese	1 medium packet	1 large packet
chopped potato	1 bag	2 bags
Aussie spice blend	1 medium sachet	1 large sachet
apple	1	2
carrot	1	2
balsamic vinegar*	drizzle	drizzle
salad leaves	1 small bag	1 medium bag
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2653kJ (634Cal)	446kJ (107Cal)
Protein (g)	47.4g	8g
Fat, total (g)	27.3g	4.6g
- saturated (g)	8.6g	1.4g
Carbohydrate (g)	47g	7.9g
- sugars (g)	18.1g	3g
Sodium (mg)	978mg	165mg

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.

1



Flavour the chicken

- Preheat oven to **240°C/220°C fan-forced**.
- Place **chicken thigh, tomato paste** and **garlic paste** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Turn **chicken** to coat.
- Top **chicken** with **shredded Cheddar cheese**.

Little cooks: Help out by sprinkling the cheese over the chicken! Make sure to wash your hands well afterwards.

3



Make the salad

- Meanwhile, thinly slice **apple** into wedges. Grate **carrot**.
- In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add **apple, carrot** and **salad leaves**. Toss to combine.

Little cooks: Lend a hand by tossing the salad.

2



Bake the chicken & potato

- On a second lined oven tray, spread out **chopped potato**. Drizzle with **olive oil** and sprinkle with **Aussie spice blend**. Season, then toss to coat.
- Bake **chicken** and **potato** until potato is tender and chicken is cooked through, **20-25 minutes**.

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

4



Serve up

- Divide cheesy tomato chicken, Aussie-spiced potatoes and salad between plates.
- Serve with **mayonnaise**. Enjoy!

Little cooks: Add the finishing touch by dolloping over the mayonnaise!

We're here to help!

Scan here if you have any questions or concerns



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