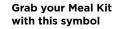


Italian Chicken Tray Bake

with Potato Mash & Green Beans











Thyme





Tomato Paste

Italian Herbs





Chicken Thigh

Capsicum





Red Onion

Cherry Tomatoes





Potato

Green Beans



Hands-on:25-35 mins Ready in: 30-40 mins Naturally gluten-free Not suitable for Coeliacs



Baking chicken with veggies all in one tray results in a saucy and delicious meal that's perfect with creamy potato mash. Add some beans for your green fix, and this colourful plate ticks all the boxes!

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar, Butter, Milk

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

Large saucepan with a lid \cdot Large baking dish lined with baking paper

Ingredients

ingicalcits			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
thyme	1 bunch	1 bunch	
tomato paste	½ sachet	1 sachet	
Italian herbs	½ sachet	1 sachet	
brown sugar*	1 tsp	2 tsp	
balsamic vinegar*	2 tsp	1 tbs	
salt* (for the chicken)	¼ tsp	½ tsp	
chicken thigh	1 small packet	1 large packet	
capsicum	1/2	1	
red onion	1/2	1	
cherry tomatoes	½ punnet	1 punnet	
potato	2	4	
butter*	40g	80g	
milk*	2 tbs	⅓ cup	
salt* (for the mash)	¼ tsp	½ tsp	
green beans	1 bag (100g)	1 bag (200g)	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2573kJ (614Cal)	400kJ (95Cal)
Protein (g)	41g	6.4g
Fat, total (g)	30.9g	4.8g
- saturated (g)	14.3g	2.2g
Carbohydrate (g)	39g	6.1g
- sugars (g)	13.3g	2.1g
Sodium (mg)	778mg	121mg

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 the oven to 220°C/200°C fan-forced.
Bring a large saucepan of water to boil. Finely chop the garlic (or use a garlic press). Pick the thyme leaves. In a large bowl, combine the garlic, thyme, tomato paste (see ingredients list), Italian herbs (see ingredients list), brown sugar, balsamic vinegar, salt (for the chicken) and a good drizzle of olive oil. Add the chicken thigh, season with pepper and toss to coat.



2. Prep the veggies

Chop the **capsicum** (see ingredients list) into 1cm strips. Cut the **red onion** (see ingredients list) into 2cm wedges.



3. Cook the veggies & chicken

In a large baking dish lined with baking paper, place the **capsicum**, **onion** and **cherry tomatoes** (see ingredients list). Drizzle with olive oil and season with **salt** and **pepper**. Toss to coat and spread out evenly. Arrange the **chicken thigh** over the veggies and bake until the veggies are tender and the chicken is cooked through, **25-30 minutes**.

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

TIP: The chicken and veggies may char, but this just adds to the flavour!



4. Roast the potato

While the chicken is baking, peel the **potato** and cut into 2cm chunks. Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and **salt** to the saucepan with the **potato**. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



5. Roast the green beans

While the potatoes are cooking, trim the **green beans**. In the last **10 minutes** of **veggie** cook time, remove the baking dish and add the **green beans** to any free space on the dish, **drizzle** with **olive oil** and season with **salt** and **pepper**. Return the tray to the oven and bake until tender, **10 minutes**.



6. Serve up

Thickly slice the chicken. Divide the potato mash, green beans, Italian chicken and veggies between plates. Spoon over the juices from the baking dish.

Enjoy!