

Italian Chicken Tray Bake

with Potato Mash & Green Beans

Grab your Meal Kit
with this symbol



Garlic



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

 Calorie Smart
 Eat me early

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 · Large baking dish lined with baking paper

Ingredients

	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	½	1
red onion	½	1
cherry tomatoes	½ punnet	1 punnet
potato	2	4
butter*	40g	80g
milk*	2 tbs	½ 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.



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.



2. Prep the veggies

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



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**.



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!



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!