

# 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



Tomato




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 a 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 · Large baking dish

## 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*	½ tbs	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
tomato	2	4
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
salt*		
(for the mash)	¼ tsp	½ tsp
green beans	1 bag (100g)	1 bag (200g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2598kJ (621Cal)	400kJ (96Cal)
Protein (g)	41.4g	6.4g
Fat, total (g)	31g	4.8g
- saturated (g)	14.3g	2.2g
Carbohydrate (g)	40.5g	6.2g
- sugars (g)	14.6g	6.2g
Sodium (mg)	777mg	120mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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**. Pick the **thyme** leaves. In a large bowl, combine the **garlic, thyme, tomato paste** (see ingredients), **Italian herbs** (see ingredients), **brown sugar, balsamic vinegar, salt (for the chicken)** and a drizzle of **olive oil**. Add the **chicken thigh**, season with **pepper** and toss to coat.



## Cook the potato

While the chicken is baking, peel the **potato** and cut into bite-sized chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter, milk** and **salt (for the mash)**. Mash with a potato masher or fork until smooth. Cover to keep warm.



## Prep the veggies

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



## Cook the green beans

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



## Cook the veggies & chicken

In a large baking dish lined with baking paper, place the **capsicum, onion** and **tomatoes**. 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:** The chicken and veggies may char, but this just adds to the flavour! Chicken is cooked through when it is no longer pink inside.



## Serve up

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

Enjoy!