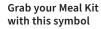
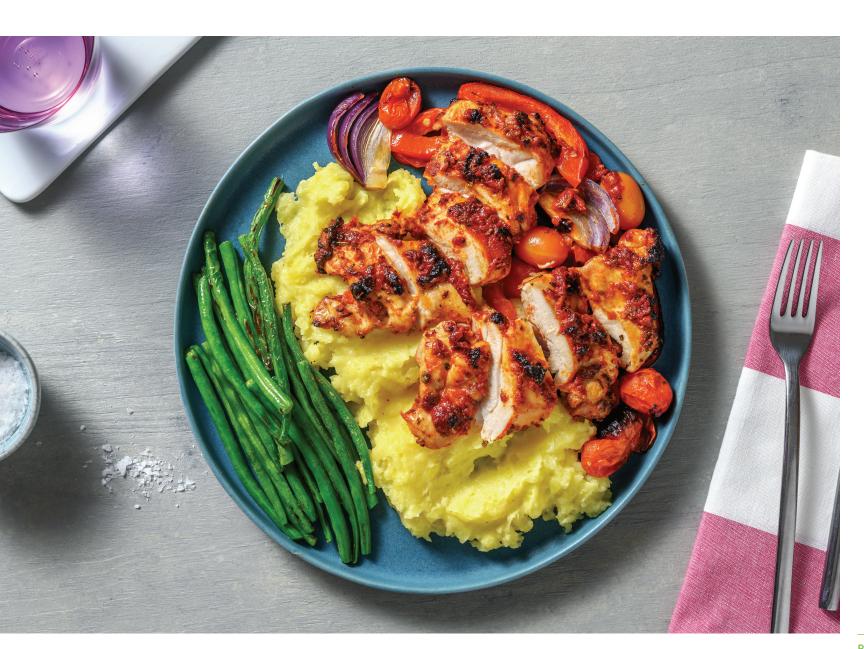
Italian Chicken Tray Bake with Potato Mash & Green Beans















Tomato Paste

Italian Herbs





Chicken Thigh

Capsicum





Red Onion





Potato

Green Beans

Pantry items

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



Hands-on: 25-35 mins Ready in: 30-40 mins



Eat me early

Calorie Smart

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!

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

 $Large\ saucepan \cdot Large\ baking\ dish$

Ingredients

ing. careries			
	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)	1/4 tsp	½ tsp	
chicken thigh	1 small packet	1 large packet	
capsicum	1/2	1	
red onion	1/2	1	
tomato	2	4	
potato	2	4	
butter*	40g	80g	
milk*	2 tbs	¼ cup	
salt* (for the mash)	1/4 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 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.



Prep the veggies

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



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.



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.



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**.



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!