



Classic Chicken & Veggie Traybake

with Flaked Almonds & Dill-Parsley Yoghurt

Grab your Meal Kit with this symbol



Peeled Pumpkin



Carrot



Capsicum



Red Onion



Chicken Thigh



Aussie Spice Blend



Flaked Almonds



Yoghurt



Dill & Parsley Mayonnaise



Baby Spinach Leaves

Hands-on: 30 mins
 Ready in: 45 mins

Low Calorie

Eat me early

Create a family feast of colourful veggies and succulent chicken thigh. Our Aussie spice blend brings a moreish flavour to the chicken and veggies, while the dill-parsley yoghurt is perfect for dolloping over everything. Yum!

Unfortunately, this week's courgette was in short supply, so we've replaced it with carrot. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Plain Flour

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
Medium frying pan

Ingredients

	4 People
olive oil*	refer to method
peeled pumpkin	1 packet (800g)
carrot	1
capsicum	1
red onion	1
salt*	¼ tsp
chicken thigh	1 packet
Aussie spice blend	2 sachets
plain flour*	2 tsp
flaked almonds	2 packets
yoghurt	1 packet
dill & parsley mayonnaise	1 packet (50g)
baby spinach leaves	1 bag (90g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	1880kJ (450Cal)	328kJ (78Cal)
Protein (g)	38.7g	6.7g
Fat, total (g)	20.6g	3.6g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	24.5g	4.3g
- sugars (g)	16.9g	2.9g
Sodium (g)	717mg	125mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Slice the **peeled pumpkin** into 1cm wedges. Cut the **carrot** (unpeeled) into 1cm chunks. Thinly slice the **capsicum**. Slice the **red onion** into 2cm wedges.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



2. Roast the veggies

Spread the **veggies** over two oven trays lined with baking paper. **Drizzle** with **olive oil** and season with the **salt** and a **pinch of pepper**. Toss to coat and arrange in a single layer. Roast until golden and tender, **25-30 minutes**.



3. Roast the chicken

While the veggies are roasting, place the **chicken thigh**, **Aussie spice blend** and **plain flour** in a bowl. Season with **salt** and **pepper**, **drizzle** with **olive oil** and toss to coat. Push the veggies to one side of an oven tray and add the **chicken**. Return the tray to the oven and roast until cooked through, **20 minutes** (depending on size).

TIP: The chicken is cooked when it is no longer pink inside.



4. Toast the almonds

While the chicken is cooking, heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. In a second small bowl, combine the **yoghurt** and **dill & parsley mayonnaise**. Set aside.



5. Bring it all together

When the veggies are done, add the **baby spinach leaves** to the tray and gently toss to combine.



6. Serve up

Divide the roasted veggies between plates and top with the spiced chicken. Spoon over the dill-parsley yoghurt and garnish with the toasted almonds.

TIP: You can thickly slice the chicken if you prefer!

Enjoy!