



ITALIAN CHICKEN TRAY BAKE

with Mashed Potato & Green Beans



Bake chicken & veggies together to save washing up



Garlic



Carrot



Red Onion



Tomato



Tomato Paste



Italian Herbs



Chicken Thigh



Potato



Green Beans



Basil

Hands-on: 25 mins
Ready in: 30 mins

Low calorie

Eat me early

Use your oven to create a dish brimming with flavour! Baking chicken with veggies all in one tray results in a saucy and delicious medley that's perfect for mopping up with creamy mashed potatoes. Add some beans for your green fix, and this colourful plate ticks all the boxes!

Pantry Staples: Olive Oil, Brown Sugar, Balsamic Vinegar, Butter, Milk

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large baking dish** lined with **baking paper** • **medium saucepan** with a **lid** • **colander**



1 FLAVOUR THE CHICKEN

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Slice the **carrot** (unpeeled) into 1cm thick rounds. Cut the **red onion** into 2cm wedges. Cut the **tomato** into quarters. In a large bowl, add the garlic, **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. Bring a medium saucepan of salted water to the boil.



2 BAKE THE CHICKEN

In a large baking dish lined with **baking paper**, place the **carrot**, **onion** and **tomato**. **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, **20-25 minutes**.

💡 **TIP:** *Chicken is cooked through when it is no longer pink inside.*

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



3 PREP THE POTATO & BEANS

While the chicken is baking, peel the **potato** and cut into 2cm chunks. Trim the **green beans**. Pick the **basil** leaves and thinly slice.



4 COOK THE POTATO & BEANS

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. In the last **6 minutes** of cook time, place a colander or steamer basket over the saucepan and add the **green beans**. Cover the green beans with a lid and steam until tender. Transfer the beans to a bowl and season with **salt** and **pepper**. Toss to coat and cover to keep warm. Once the potatoes are tender, drain and return to the saucepan.



5 MASH THE POTATO

Add the **butter**, **milk** and **salt (for the mash)** to the saucepan with the potato. Mash with a potato masher or fork until smooth.



6 SERVE UP

Thickly slice the chicken. Divide the mashed potato and green beans between plates. Top with the Italian chicken and veggies. Spoon over the juices from the baking dish and garnish with the basil.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
red onion	½	1
tomato	2	4
tomato paste	½ sachet	1 sachet
Italian herbs	½ sachet	1 sachet
brown sugar*	1 tsp	2 tsp
balsamic vinegar*	2 tsp	4 tsp
salt* (for the chicken)	¼ tsp	½ tsp
chicken thigh	1 packet	1 packet
potato	2	4
green beans	1 bag (100 g)	1 bag (200 g)
basil	1 bunch	1 bunch
butter*	25 g	50 g
milk*	2 ½ tbs	½ cup
salt* (for the mash)	¼ tsp	½ tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (546Cal)	373kJ (89Cal)
Protein (g)	40.6g	6.6g
Fat, total (g)	23.4g	3.8g
- saturated (g)	10.7g	1.7g
Carbohydrate (g)	39.4g	6.4g
- sugars (g)	12.4g	2.0g
Sodium (g)	796mg	130mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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