



ITALIAN CHICKEN TRAY BAKE

with Mashed Potato & Green Beans



Bake chicken and
veggies together



Garlic



Thyme



King Sweetie
Capsicum



Brown Onion



Tomato Paste



Italian Herbs



Chicken Thigh



Cherry Tomatoes



Potato



Green Beans

Hands-on: **30 mins**
Ready in: **35 mins**

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 potato. 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 saucepan** with a **lid**
- **large baking dish** lined with **baking paper**



1 FLAVOUR THE CHICKEN

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves. Cut the **King Sweetie capsicum** into 1cm strips. Slice the **brown onion** into 2cm wedges. In a large bowl, combine the **garlic, thyme, tomato paste (see ingredients list), Italian herbs, 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 large saucepan of salted water to the boil.



4 COOK THE VEGGIES

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 **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. When the **potato** is tender, drain and return to the saucepan.



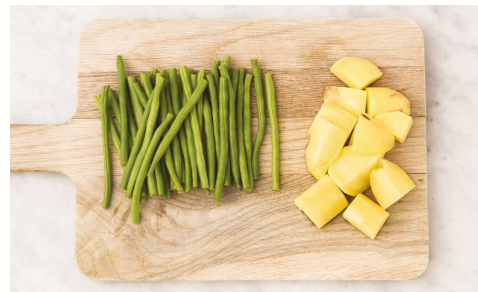
2 BAKE THE CHICKEN

In a large baking dish lined with baking paper, place the **capsicum, onion and cherry 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. 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.*



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.



3 PREP THE VEGGIES

While the chicken is baking, peel the **potato** and cut into 2cm chunks. Trim the **green beans**.



6 SERVE UP

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

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	4 cloves
thyme	1 bunch
King Sweetie capsicum	1
brown onion	1
tomato paste	¾ tin
Italian herbs	1 sachet
brown sugar*	2 tsp
balsamic vinegar*	4 tsp
salt* (for the chicken)	½ tsp
chicken thigh	1 packet
cherry tomatoes	1 punnet
potato	4
green beans	1 bag (200g)
butter*	80g
milk*	½ cup
salt* (for the mash)	½ tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2600kJ (620Cal)	399kJ (95Cal)
Protein (g)	40.1g	6.2g
Fat, total (g)	29.1g	4.5g
- saturated (g)	14.6g	2.2g
Carbohydrate (g)	45.3g	7.0g
- sugars (g)	13.8g	2.1g
Sodium (g)	818mg	126mg

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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