Oven-Baked Chicken & Rainbow Veg Toss

with Garlic Mash & Chargrilled Capsicum Relish

KID FRIENDLY

Grab your meal kit with this number 14

- Onion
- Carrot
- Potato
- Garlic
- Chicken Thigh
- Nan's Special Seasoning
- Snacking Tomatoes
- Baby Spinach Leaves
- Chargrilled Capsicum Relish

Add

- Chicken Thigh
- Diced Bacon

Prep in: 20-30 mins
Ready in: 40-50 mins

Eat Me Early

Gather the whānau for a dinner that tastes just like Nan used to make, starring tender seasoned chicken, alongside roasted potato, carrot, onion and blistered cherry tomatoes. Scoop up the deliciousness with a helping of garlicky mash and top it all off with a dollop of our smokey chargrilled capsicum relish. It's comforting fare that brings all the good vibes to the dinner table.

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
carrot	1	2
potato	2	4
garlic	2 cloves	4 cloves
chicken thigh	320g	640g
Nan's special seasoning	1 medium sachet	1 large sachet
snacking tomatoes	½ packet	1 packet
butter*	40g	80g
milk*	2 tbsp	4 tbsp
baby spinach leaves	1 small packet	1 medium packet
chargrilled capsicum relish	1 medium packet	1 large packet

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2350kJ (561Cal)	405kJ (97Cal)
Protein (g)	34.4g	5.9g
Fat, total (g)	35.6g	6.1g
- saturated (g)	16.1g	2.8g
Carbohydrate (g)	33.2g	5.7g
- sugars (g)	17.1g	2.9g
Sodium (mg)	750mg	129mg
Dietary Fibre (g)	8.7g	1.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.
Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2026 | CW02

1

Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Bring a large saucepan of lightly salted water to the boil.
- Slice **onion (see ingredients)** into wedges.
- Cut **carrot** into bite-sized chunks.
- Peel **potato** and cut into large chunks.
- Peel **garlic cloves**.

2

Flavour the chicken

- In a medium bowl, combine **chicken thigh**, **Nan's special seasoning**, a drizzle of **olive oil** and a pinch of **pepper**.

Little cooks: *Help combine the chicken with the seasoning!*

3

Bake the chicken & veggies

- Place **onion**, **carrot** and **snacking tomatoes (see ingredients)** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and spread out evenly.
- Place **chicken thigh** on the oven tray and bake until veggies are tender and chicken is cooked through, **25-30 minutes**.

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

4

Cook the potato

- While chicken is baking, add **potato** and **garlic** to saucepan of boiling water and cook until easily pierced with a fork, **10-15 minutes**.
- Drain **potato**.

5

Mash the potato

- Add the **butter**, **milk** and a pinch of **salt**. Mash with a potato masher or fork until smooth. Cover to keep warm.

Little cooks: *Get those muscles working and help mash the potatoes!*

6

Finish & serve

- When the veggies are done, add **baby spinach leaves** to the tray, then toss until slightly wilted.
- Slice chicken.
- Divide mash, rainbow veg toss and chicken between plates.
- Top chicken with **chargrilled capsicum relish** to serve. Enjoy!

CUSTOM OPTIONS

CHICKEN THIGH:
Follow method above, baking across multiple trays if necessary.

DICED BACON:
Cook, in frying pan, breaking up with a spoon, until browned, 6-7 minutes. Sprinkle over to serve.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO