



SMOKEY CHICKEN & VEGGIE TRAYBAKE

with Garlic Mash & Corn Cobs



Make garlic mash!



Red Onion



King Sweetie Capsicum



Corn



Garlic



Potato



Tomato Paste



Smoked Paprika



Chicken Thigh



Cherry Tomatoes



Baby Spinach Leaves



Chilli Flakes (Optional)

Hands-on: 30 mins
Ready in: 45 mins

Low calorie

Eat me first

Spicy (optional chilli flakes)

Create a family feast of colourful veggies and succulent chicken. Paprika brings a moreish smoky flavour to the chicken and veggies, while the garlic mash is perfect for soaking up all the juices. This is a meal you'll want again and again!

Pantry Staples: Olive Oil, Brown Sugar, 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 frying pan**
- **large baking dish**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of lightly salted water to the boil. Slice the **red onion** into 2cm wedges. Thinly slice the **King Sweetie capsicum**. Slice each **corn** cob in half. Finely chop the **garlic** (or use a garlic press). Peel the **potato**, then cut into 2cm chunks.



2 FLAVOUR THE CHICKEN

In a large bowl, combine the **tomato paste**, **brown sugar**, **smoked paprika**, **salt (for the chicken)**, **1/2 the garlic**, a **good drizzle of olive oil** and a **pinch of pepper**. Rub a little of the **marinade** over the **corn** cobs. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **chicken thigh** and cook until browned, **2 minutes** each side. Add the browned **chicken** to the bowl with the **remaining marinade** and toss to coat.



3 BAKE THE CHICKEN

In a large baking dish lined with baking paper, place the **onion**, **capsicum** and **cherry tomatoes**. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat and spread out evenly. Arrange the **chicken** and **corn** 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.* Once cooked, gently stir through the **baby spinach leaves** until slightly wilted.



4 COOK THE POTATO

While the chicken is baking, add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain the **potato**. Return the saucepan to a medium-high heat with a **drizzle of olive oil** and add **1/2 the butter**. Add the **remaining garlic** and cook, until fragrant, **1 minute**.



5 MASH THE POTATO

Return the **potato** to the pan and add the **milk**, **salt (for the potato)** and the **remaining butter**. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



6 SERVE UP

Thickly slice the chicken. Divide the garlic mash between plates and top with the smokey chicken and veggies. Spoon over any juices remaining in the baking dish. Top the adults' portions with a **pinch of chilli flakes** (if using).

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
red onion	1
King Sweetie capsicum	1
corn	2
garlic	4 cloves
potato	6
tomato paste	1 tin
brown sugar*	2 tsp
smoked paprika	1 sachet
salt* (for the chicken)	½ tsp
chicken thigh	1 packet
cherry tomatoes	1 punnet
baby spinach leaves	1 bag (30g)
butter*	80g
milk*	½ cup
salt* (for the potato)	½ tsp
chilli flakes (optional)	pinch

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2230kJ (534Cal)	422kJ (101Cal)
Protein (g)	37.6g	7.1g
Fat, total (g)	25.8g	4.9g
- saturated (g)	13.5g	2.6g
Carbohydrate (g)	34.1g	6.4g
- sugars (g)	11.5g	2.2g
Sodium (g)	824mg	156mg

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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