



# EASY CHICKEN TRAY BAKE

with Roast Veggies, Salad and Mango Chutney Yoghurt



## HELLO CUCUMBER

Cucumbers are 96% water!



New Potatoes



Chicken Drumstick



Lemon



Ground Turmeric



Curry Powder



Olive Oil for the Spices



Red Pepper



Red Onion



Mango Chutney



Greek Yoghurt



Flat Leaf Parsley



Honey



Olive Oil for the Dressing



Cucumber



Steve's Leaves: Pea shoots

45 mins

One Pot Wonder

3 of your 5 a day

Family Box

Little Heat

The trick to this tray bake is to make sure everything is well spread out. Giving the chicken and veggies enough room is important as it ensures they get lovely crispy edges. Use two trays if you need to, swapping round their position in the oven halfway through cooking.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Fine Grater, Large Bowl** and **Whisk**. Now, let's get cooking!



### 1 DO THE PREP

Preheat your oven to 220°C. Quarter the **new potatoes** and pop them on a baking tray with the **chicken**. **★ TIP:** Use the biggest baking tray you have - there's a lot to fit on! Use two if necessary. Zest the **lemon** into a small bowl. Mix in the **turmeric, curry powder** and **olive oil for the spices** (amount specified in the ingredient list). Season with **salt** and **black pepper** then pour over the **potatoes** and **chicken**. Toss to coat evenly.



### 2 GET ROASTING

Roast the **potatoes** and **chicken** on the top shelf of your oven until the **potatoes** are browned and crispy and the **chicken** is cooked through, 35-40 mins. **★ TIP:** The chicken is cooked when it is no longer pink in the middle. If using two baking trays, put one on the top shelf and one on the middle and remember to swap them round halfway through cooking.



### 3 ADD THE VEGGIES

Meanwhile, halve, then remove the core from the **red pepper** and cut into 1cm thick slices. Halve, peel and thinly slice the **red onion** into half moons. When the **potatoes** and **chicken** are 20 mins into their cooking time, remove the baking tray(s) from your oven. Add the **pepper** and **onion** and toss so everything is evenly coated in **oil** (add a little more if necessary). Roast for the remaining 15 mins.



### 4 MIX THE YOGHURT

While everything is cooking, put the **mango chutney** and **Greek yoghurt** in another small bowl and mix them together. Roughly chop the **parsley** (stalks and all).



### 5 MAKE THE SALAD

Put the **honey** in a large bowl. Squeeze in the **lemon juice** and add the **olive oil for the dressing** (amount specified in ingredient list). Season with **salt** and **black pepper** then whisk together. Remove the top and bottom from the **cucumber**, then thinly slice into rounds. Just before the **potatoes, chicken** and **veggies** come out of the oven, add the **pea shoots** and **cucumber** to the bowl with the **dressing** and toss together.



### 6 FINISH AND SERVE

Once the **potatoes, chicken** and **veggies** are cooked, add the **parsley** and toss to distribute it evenly. Serve on plates with some **salad** alongside and a spoonful of **mango chutney yoghurt**. **Enjoy!**

## 4 PEOPLE INGREDIENTS

New Potatoes, quartered	2 packs
Chicken Drumstick	8
Lemon	1
Ground Turmeric	¾ tsp
Curry Powder <sup>10</sup>	1 tbsp
Olive Oil for the Spices*	3 tbsps
Red Pepper, sliced	2
Red Onion, sliced	2
Mango Chutney	40g
Greek Yoghurt <sup>7</sup>	1 pot
Flat Leaf Parsley, chopped	1 bunch
Honey	1 tbsp
Olive Oil for the Dressing*	2 tbsps
Cucumber, sliced	1
Steve's Leaves: Pea shoots	2 bags

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	978	125
(kJ)	4100	523
Fat (g)	56	7
Sat. Fat (g)	14	2
Carbohydrate (g)	52	7
Sugars (g)	24	3
Protein (g)	47	6
Salt (g)	0.51	0.07

### ALLERGENS

<sup>7</sup>Milk <sup>10</sup>Mustard

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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