



MEDITERRANEAN STYLE CHICKEN TRAY BAKE

with Olives, Raisins and a Side of Mash



HELLO OLIVES

Black and green olives are the same thing - black ones are just riper when they're picked!



Potato



Red Onion



Premium Tomato Mix



Olives



Diced Chicken Thigh



Dried Oregano



Italian Style Grated Hard Cheese



Green Beans



Garlic Clove



Flat Leaf Parsley



Raisins

30 mins

2.5 of your 5 a day

Inspired by the delicious flavours of the Mediterranean coast, this dish includes the herbs commonly found in southern Italy and sweet flavours from the raisins which are typical of Moroccan food. Light, fresh and fragrant, seasoning with Mediterranean flavours is a great way to liven up a classic chicken tray bake. We've paired the chicken mix with garlicky beans, raisins and buttery mashed potato. Serve the mash in bowls with the chicken and veggies alongside, and garnish with some remaining parsley.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Colander**, **Baking Tray**, **Fine Grater** (or **Garlic Press**), **Frying Pan** and **Potato Masher**. Now, let's get cooking!



1 COOK THE POTATO

Preheat your oven to 200°C and bring a large saucepan of water to the boil with a pinch of salt. Chop the **potato** into 2cm chunks (no need to peel). Once the water is boiling, add the **potatoes** and simmer until tender, 15-18 mins. **★ TIP:** *The potato is cooked when you can easily stick a knife through.* Once cooked, drain in a colander.



2 DO THE PREP

Meanwhile, halve, and peel the **red onion**. Slice each **onion** half into four wedges. Halve the **tomatoes** and the **olives**.



3 ROAST!

Pop the **onion**, **tomatoes** and **olives** on a baking tray along with the **chicken**. Drizzle with **oil** and season with a pinch of **salt** and **pepper** and the **dried oregano**. Gently mix together to coat, then sprinkle over the **Italian style grated hard cheese** and roast on the top shelf of your oven until the **veggies** are tender, the **cheese** golden and the **chicken** cooked through, 15-20 mins. **! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle!*



4 BEAN TIME!

Trim the **green beans** and chop into thirds. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **beans** with a pinch of **salt** and **pepper** and a splash of **water**. Stir-fry until tender, 4 mins. Add the **garlic** and **raisins** and cook for a further minute. Remove from the heat, season with **salt** and **pepper**, leave to the side.



5 MASH THE POTATO

Once the **potato** is drained, pop it back in its pan and add a pinch of **salt** and **pepper** and a knob of **butter** and a splash of **milk** (if you have some). Mash with a potato masher until smooth. Cover with a lid and leave to the side to keep warm.



6 FINISH AND SERVE

When the **chicken** and **veggies** are cooked, add the **garlicky beans** and **raisins** to the baking tray along with **half** the **parsley** and gently mix through. Serve the **mash** in bowls with the **chicken** and **veggies** alongside, any **juices** from the tray drizzled on top and a sprinkling of remaining **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Red Onion *	1	1	2
Premium Tomato Mix	1 punnet	1 punnet	2 punnets
Olives	1	1½	2
Diced Chicken Thigh *	1 pouch	1 pouches	2 pouches
Dried Oregano	280g	420g	560g
Italian Style Grated Hard Cheese 7) 8) *	1 small pot	¾ large pot	1 large pot
Green Beans *	1 pack	1½ packs	2 packs
Garlic Clove *	1 small pack	1 medium pack	1 medium pack
Flat Leaf Parsley *	1	2	2
Raisins	1 bunch	1 bunch	1 bunch
	1 bag	1 bag	2 bags

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 598G	PER 100G
Energy (kJ/kcal)	2812 / 672	470 / 112
Fat (g)	21	4
Sat. Fat (g)	7	1
Carbohydrate (g)	69	12
Sugars (g)	23	4
Protein (g)	52	9
Salt (g)	0.86	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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