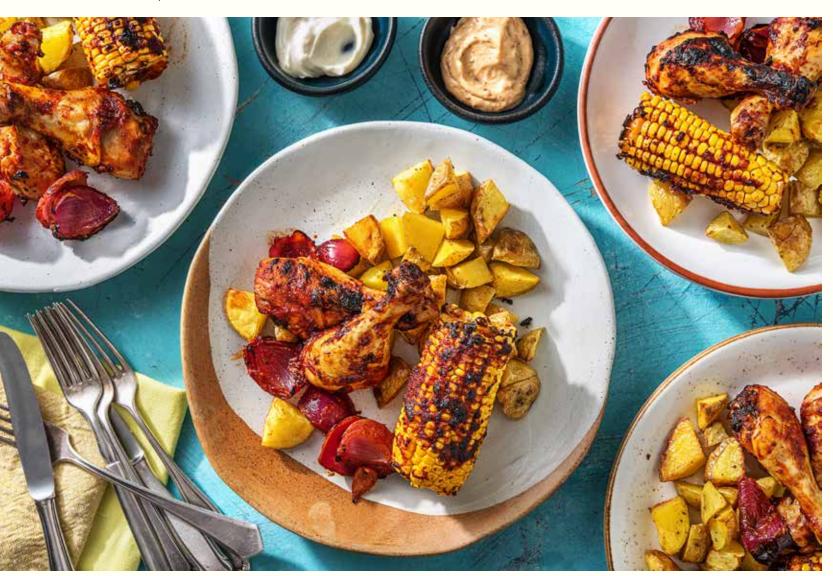


PERI PERI CHICKEN TRAY BAKE

with Wedges and Peri Mayo





HELLO SWEETCORN

This type of corn is so sweet because of a mutation in it's genes which controls the conversion of sugar to starch.







Peri Peri Seasoning



Red Wine Vinegar







Corn on the Cob



Red Onion



Chicken Drumstick



Potato



Mayonnaise





Family Box







BEFORE YOU

Our fruit and veggies need a little wash before you use them! Make sure you've got a two Baking Trays, some Baking Paper, a Mixing Bowl and some Baking Paper. Now, let's get cooking



Preheat your oven to 200°C and line a large baking tray with baking paper (you may need two). Mix the tomato purée, half the peri peri seasoning, the red wine vinegar, dried oregano, honey and olive oil (see ingredients for amount) in a mixing bowl. Season with a pinch of salt and pepper. Halve the corn on **the cob** by running a knife firmly around the middle then snapping in half with your hands. Peel the **red onion** then chop into quarters.



MIX IT UP Put the corn, onion and chicken drumsticks in the bowl with the marinade and use your hands to ensure they get thoroughly coated in the marinade. Transfer the entire contents of the bowl to your prepared baking tray(s) and spread out so it is in one even layer. *TIP: Don't overcrowd the tray - everything needs enough space to get nice and crispy so use two trays if necessary. **! IMPORTANT:** Remember to was your hands and equipment after handling raw meat.



ROAST THE POTATOES Chop the potato about 2cm wide and pop on another lined baking tray. Drizzle with oil and season with salt and pepper. Toss to coat then spread out and roast on the middle shelf of your oven until golden, 30-35 mins. Turn halfway through cooking.



ROAST THE CHICKEN At the same time, roast the chicken and veggies on the top shelf until cooked and nicely crisp, 30-35 mins. Again, turn halfway is cooked when it is no longer pink in the middle.



PERI MAYO TIME Meanwhile, divide the mayonnaise between two small bowls. Leave one plain and stir the remaining **peri peri seasoning** into the other. Set aside. Now is your time to do any clearing up while the food takes care of itself!



SERVE When ready to serve, divide the **Peri Peri tray bake** between your plates and serve some **potatoes** alongside. *** TWIST** IT UP: You have two dips to choose from, the plain mayo or some peri peri mayo for more adventurous eaters! Serve and enjoy!

INGREDIENTS

	2P	3P	4P
Tomato Purée	1	1½	2
	sachet	sachets	sachets
Peri Peri Seasoning	1 pot	1½ pots	2 pots
Red Wine Vinegar 14)	1	1½	2
	sachet	sachets	sachets
Dried Oregano	1 small	¾ large	1 large
	pot	pot	pot
Honey	1	1½	2
	sachet	sachets	sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Corn on the Cob	1	1½	2
Red Onion	1	2	2
Chicken Drumstick	4	6	8
Potato	1 small	1 large	2 small
	pack	pack	packs
Mayonnaise 8) 9)	1	1½	2
	sachet	sachets	sachets

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 639G	PER 100G
Energy (kcal)	408	109
(kJ)	1705	454
Fat (g)	15	4
Sat. Fat (g)	2	1
Carbohydrate (g)	50	13
Sugars (g)	13	3
Protein (g)	18	5
Salt (g)	3.80	1.01

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

8) Egg 9) Mustard 14) Sulphites

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.



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