



# Tex-Mex Chicken Traybake & Cheesy Potatoes

with Charred Corn Salad & Chipotle Yoghurt

Grab your Meal Kit with this symbol



Potato



Shredded Cheddar Cheese



Sweetcorn



Tomato



Garlic



Chicken Thigh



Tex-Mex Spice Blend



Yoghurt



Mild Chipotle Sauce



Baby Spinach Leaves

Hands-on: 20 mins  
Ready in: 40 mins

Eat me early

These cheesy potato chunks are going to make you weak at the knees! Serve them up with thick and juicy slices of Tex-Mex spiced chicken, fresh tomato and charred corn salsa for a lip-smackingly good family dinner.

## Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Two oven trays lined with baking paper  
Medium frying pan

### Ingredients

	4 People
olive oil*	refer to method
potato	4
shredded Cheddar cheese	1 packet (100g)
sweetcorn	1 tin
tomato	2
garlic	2 cloves
Tex-Mex spice blend	1½ sachets
yoghurt	1 packet
chicken thigh	1 packet
mild chipotle sauce	½ packet (20g)
baby spinach leaves	1 bag (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2360kJ (565Cal)	374kJ (89Cal)
Protein (g)	46.8g	7.4g
Fat, total (g)	21.0g	3.3g
- saturated (g)	9.6g	1.5g
Carbohydrate (g)	42.6g	6.7g
- sugars (g)	11.8g	1.9g
Sodium (g)	918mg	145mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Bake the cheesy potatoes

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 3cm chunks. Place the **potato**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat and bake until tender, **30-35 minutes**. In the last **5 minutes** of cook time, sprinkle the **shredded Cheddar cheese** over the potato and bake until melted.

**TIP:** Cut the potato to the correct size so it cooks in the allocated time!



## 2. Get prepped

While the potato is baking, drain the **sweetcorn**. Roughly chop the **tomato**. Finely chop the **garlic** (or use a garlic press). In a medium bowl, combine **1 1/2 sachets Tex-Mex spice blend**, the **garlic**, **1 tbs of yoghurt**, a **pinch of salt** and **pepper** and a **drizzle of olive oil**. Add the **chicken thigh** and toss to coat.



## 3. Bake the chicken

Heat a medium frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a large bowl. Place the **chicken** on a second oven tray lined with baking paper. Bake until the chicken is cooked through, **15-20 minutes**. Remove the tray from the oven and rest the chicken for **5 minutes**.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.

**TIP:** The chicken is cooked when it's no longer pink inside.



## 4. Make the chipotle yoghurt

While the chicken is baking, combine the **remaining yoghurt** and **1/2 packet of mild chipotle sauce** in a small bowl. Set aside.



## 5. Make the salad

Add the **baby spinach leaves** and **tomato** to the bowl with the charred **corn**. Season with a **pinch of salt** and **pepper** and toss to combine.

**TIP:** Toss the salad just before serving to keep the leaves crisp.



## 6. Serve up

Thickly slice the chicken. Divide the charred corn salad, cheesy potatoes and Tex-Mex chicken between plates. Dollop over the chipotle yoghurt.

## Enjoy!