

Italian Chicken Tray Bake

with Potato Mash & Green Beans

Grab your Meal Kit with this symbol



Garlic



Thyme



Tomato Paste



Italian Herbs



Chicken Thigh



Capsicum



Red Onion



Cherry Tomatoes



Potato



Green Beans

Hands-on: 25-35 mins
Ready in: 30-40 mins

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Calorie Smart

Use your oven to create a dish brimming with flavour! Baking chicken with veggies all in one tray results in a saucy and delicious medley that's perfect for mopping up with creamy mashed potatoes. Add some beans for your green fix, and this colourful plate ticks all the boxes!

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar, Butter, Milk

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

Large saucepan with a lid · Large or medium baking dish lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
thyme	1 bunch	1 bunch
tomato paste	½ sachet	1 sachet
Italian herbs	½ sachet	1 sachet
brown sugar*	1 tsp	2 tsp
balsamic vinegar*	½ tbs	1 tbs
salt*		
(for the chicken)	¼ tsp	½ tsp
chicken thigh	1 small packet	1 large packet
capsicum	½	1
red onion	½	1
cherry tomatoes	½ punnet	1 punnet
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
salt*		
(for the mash)	¼ tsp	½ tsp
green beans	1 bag (100g)	1 bag (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2598kJ (620Cal)	400kJ (95Cal)
Protein (g)	41.4g	6.4g
Fat, total (g)	31g	4.8g
- saturated (g)	14.3g	2.2g
Carbohydrate (g)	40.5g	6.2g
- sugars (g)	14.6g	2.2g
Sodium (mg)	777mg	120mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Flavour the chicken

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of water to boil. Finely chop the **garlic**. Pick the **thyme** leaves. In a large bowl, combine the **garlic, thyme, tomato paste** (see ingredients), **Italian herbs** (see ingredients), **brown sugar, balsamic vinegar, salt (for the chicken)** and a good drizzle of **olive oil**. Add the **chicken thigh**, season with **pepper** and toss to coat.



Cook the potato

While the chicken is baking, peel the **potato** and cut into 2cm chunks. Cook the **potato** in the boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter, milk** and **salt (for the mash)** to the potato. Mash with a potato masher or fork until smooth. Cover to keep warm.



Prep the veggies

Chop the **capsicum** (see ingredients) into 1cm strips. Cut the **red onion** (see ingredients) into 2cm wedges.



Cook the green beans

While the potato is cooking, trim the **green beans**. In the last **10 minutes** of **veggie** cook time, remove the oven tray and add the **green beans** to any free space on the tray, drizzle with **olive oil** and season with **salt** and **pepper**. Return the tray to the oven and bake until tender, **10 minutes**.



Cook the veggies & chicken

In a baking dish lined with baking paper, place the **capsicum, onion** and **cherry tomatoes** (see ingredients). Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and spread out evenly. Arrange the **chicken thigh** over the **veggies** and bake until the veggies are tender and the **chicken** is cooked through, **25-30 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

TIP: The chicken and veggies may char, but this just adds to the flavour!



Serve up

Slice the chicken. Divide the potato mash, green beans, Italian chicken and veggies between plates. Spoon over the juices from the baking dish.

Enjoy!