



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.



Tomato Purée



Peri Peri Seasoning



Red Wine Vinegar



Dried Oregano



Honey



Corn on the Cob



Red Onion



Chicken Drumstick



Potato



Mayonnaise

MEAL BAG

Hands on: **15** mins
Total: **45** mins

Family Box

of your
5 a day

Medium heat



BEFORE YOU START

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



1 PREP

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.



2 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 wash your hands and equipment after handling raw meat.*



3 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.



4 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 through cooking. **❗ IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



5 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!



6 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!*

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Tomato Purée	1 sachet	1½ sachets	2 sachets
Peri Peri Seasoning	1 pot	1½ pots	2 pots
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Dried Oregano	1 small pot	¾ large pot	1 large pot
Honey	1 sachet	1½ sachets	2 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 pack	1 large pack	2 small packs
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 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.

👍 THUMBS UP OR THUMBS DOWN?

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