



Product Spotlight: Lemon

When zesting lemons, you want to make sure and only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



Peri Peri Chicken Traybake

An all-in-one traybake packed with flavour! Peri Peri spiced chicken Marylands roasted with baby potatoes, cherry tomatoes, onion and capsicum, finished with lemon and parsley and served with aioli.



40 minutes



4 servings



Chicken

28 July 2023

Stretch the dish!

You can stretch the dish to feed extra or to enjoy for lunch the next day. Serve with flatbreads or a side salad, or add vegetables such as zucchini and sweet potato to the traybake.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	38g	45g

FROM YOUR BOX

CHICKEN MARYLANDS	4-pack
LEMON	1
PERI PERI SPICE MIX	1 packet
BABY POTATOES	600g
YELLOW CAPSICUM	1
RED ONION	1
CHERRY TOMATOES	1 packet (200g)
PARSLEY	1 packet
AIOLI	100g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large oven tray

NOTES

Peri peri spice mix ingredients: smoked paprika, ground coriander, dried oregano, brown sugar, ground onion powder and garlic powder.

You can use 2 oven trays if you don't have one large enough. Otherwise, place the chicken on top of the vegetables and increase the cook time. The juices from the chicken will flavour the vegetables as they roast.

Soak the parsley in a small bowl of water to quickly rinse off any stray sand.



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1. PREPARE THE CHICKEN

Set oven to 250°C.

Slash chicken to the bone. Coat with lemon zest, 2 tbsp peri peri spice mix, **oil**, **salt and pepper**. Place on a large lined oven tray.



2. ADD VEGETABLES AND BAKE

Halve potatoes, slice capsicum and onion. Arrange with tomatoes on oven tray with chicken (see notes). Squeeze over juice, from 1/2 lemon and sprinkle with remaining peri peri spice. Drizzle with **oil** and season with **salt and pepper**. Roast for 30 minutes or until chicken is cooked through.



3. PREPARE THE GARNISH

Wedge remaining lemon. Chop parsley (see notes). Set aside with aioli.



4. FINISH AND SERVE

Garnish traybake with chopped parsley. Serve with lemon wedges and aioli.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

