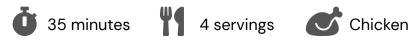


Product Spotlight: Red onion

Onions are powerful superfoods packed with beneficial nutrients. They feature antiviral, antibacterial and antioxidant properties, with red onions providing a slightly higher amount of antioxidants.

Balsamic Chicken Traybake

Free-range chicken chops roasted in smoked paprika and balsamic vinegar, served with roasted veggies, olives and fresh rocket leaves.



Serve with mash

Make cauliflower mash to serve with the roasted chicken & vegetables. Add a couple of potatoes and the kids won't know the difference!

FROM YOUR BOX

CAULIFLOWER	1
RED ONION	1
RED CAPSICUM	1
CHICKEN CHOPS	1kg
GREEN OLIVES	1 jar
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, balsamic vinegar, honey

KEY UTENSILS

oven tray

NOTES

Slashing the chicken 2-3 times will allow more marinade to coat the chops, as well as speed up the cooking time.



1. PREPARE THE VEGETABLES

Set the oven to 220°C.

Cut cauliflower into florets, wedge red onion and chop capsicum. Toss on a lined oven tray.



2. ADD THE CHICKEN

Whisk to combine **1 tbsp smoked paprika**, **1 tbsp honey**, **2 tbsp balsamic vinegar** and **2 tbsp olive oil**.

Slash chicken (see notes) and drain olives, add to tray and toss all with prepared sauce. Season with **salt and pepper.** Roast for 25 minutes or until chicken is cooked.



3. DRESS THE ROCKET

Toss rocket leaves in a bowl with **olive oil** and **balsamic vinegar.**



4. FINISH AND SERVE

Serve chicken and veggies at the table with a side of dressed rocket leaves.

