

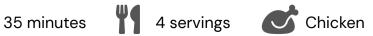


# **Cheesy Baked Marylands**

This roasted chicken features cream cheese topping and a veggie traybake full of colour and flavour. Tossed with a sweet WA-made balsamic glaze, the meal satisfies the whole family.







# Cooking options

If preferred, keep the cherry tomatoes fresh, and boil the corn cobs and green beans instead of roasting. Or, you can cook the chicken and corn on the barbecue if weather permits!

#### FROM YOUR BOX

CHICKEN MARYLANDS	4-pack
CREAM CHEESE	1/4 block *
LEMON	1
PARSLEY	1/2 bunch *
SWEET POTATOES	800g
SPRING ONIONS	1/3 bunch *
CORN COBS	2
CHERRY TOMATOES	1 bag (200g)
GREEN BEANS	1/2 bag (125g) *
BALSAMIC DRESSING	1 sachet

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove, dried oregano

#### **KEY UTENSILS**

2 oven trays

#### **NOTES**

You can season the veggie traybake to your taste. Instead of dried oregano, try Italian herbs, smoked paprika or thyme!



#### 1. COOK THE CHICKEN

Set oven to 220°C.

Slash chicken in 3-4 places. Mix together cream cheese, 2 tsp lemon zest, crushed garlic, half the parsley roughly chopped, salt and pepper. Push into cuts on chicken and roast for 25-30 minutes, or until golden and cooked through.



# 4. TOSS THE VEGETABLES

Toss the cooked vegetables with juice from 1/2 lemon (wedge remaining), remaining chopped parsley and the balsamic glaze. Season to taste with salt and pepper.



## 2. ROAST THE VEGETABLES

Dice sweet potatoes, roughly chop spring onions, quarter corn cobs and halve cherry tomatoes. Toss on a lined oven tray with 1 tsp oregano, oil, salt and pepper (see notes). Roast for 15-20 minutes.



#### 3. ADD THE BEANS

Trim and halve beans, toss in oil and add to roast vegetables for the last 5 minutes.



### **5. FINISH AND PLATE**

Serve chicken and vegetables on plates with a lemon wedge.





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