



**Product Spotlight:
Spinach**

Spinach shrinks down heaps when you cook it – which means you can sneak in a whole bunch without even noticing. In this meal, it gets stirred through sour cream to make a creamy, dreamy side!



Roast Chicken Tray Bake

with Creamed Spinach

Chicken breast roasted with juicy cherry tomatoes and sweet red onion, served with golden crushed potatoes and a swirl of creamy spinach.

Switch it up!

Make a potato bake with the potatoes, sour cream and spinach. Thickly slice potatoes and boil until tender. Mix with sour cream and spinach and season with salt and pepper. Add to an oven dish and bake.



35 minutes



2 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	20g	33g

FROM YOUR BOX

BABY POTATOES	400g
RED ONION	1
CHERRY TOMATOES	200g
CHICKEN BREAST (SKIN ON)	300g
GARLIC CLOVE	1
ENGLISH SPINACH	1 bunch
SOUR CREAM	1 tub

FROM YOUR PANTRY

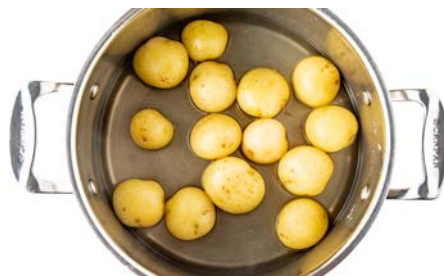
oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

2 oven trays, saucepan, kettle (optional)

NOTES

Halve any larger baby potatoes to speed up cooking time.



1. BOIL THE POTATOES

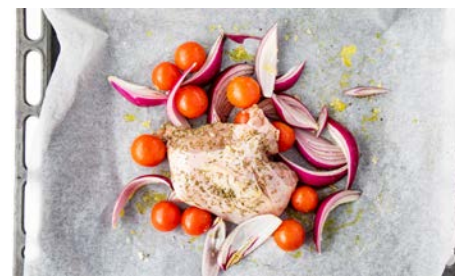
Boil the kettle and set oven to 220°C.

Add **potatoes** (see notes) to a saucepan. Cover with hot water from kettle. Cover with a lid and bring to a boil. Cook for 10 minutes until potatoes are fork-tender.



4. MAKE CREAMED SPINACH

Heat the reserved saucepan with **oil** over medium heat. Sauté crushed **garlic** and **1 1/2 tsp thyme** for 1 minute until fragrant. Rinse and roughly tear **spinach**. Add to pan and cook, covered, for 1–2 minutes to wilt. Remove from heat, stir in **sour cream**, and season with **salt** and **pepper** to taste.



2. ROAST THE CHICKEN

Meanwhile, wedge **red onion**. Add to a lined oven tray along with **cherry tomatoes**. Toss with **oil, salt and pepper**. Slash **chicken** in 3–4 places. Coat with **oil, 1 tsp thyme, salt and pepper**. Place on top of vegetables and roast for 25–30 minutes until chicken is cooked through.



5. FINISH AND SERVE

Slice **roast chicken**.

Serve **roasted vegetables** and chicken tableside with **creamed spinach**.



3. CRUSH & ROAST POTATOES

Drain **potatoes** (reserve saucepan for step 4). Add potatoes to a second oven tray. Use a spatula or the bottom of a glass to crush potatoes. Drizzle over **oil** and season with **salt**. Roast for 15–20 minutes until golden and crispy.



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