



Product Spotlight: Spinach

Spinach has an extremely high nutritional value and is rich in antioxidants. Antioxidants protect the body from damage caused by harmful molecules called free radicals.



Roast Chicken Tray Bake with Creamed Spinach

Chicken breast roasted with cherry tomatoes and red onion served with crushed baby potatoes and creamed spinach.



35 minutes



4 servings



Chicken

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	27g	54g

FROM YOUR BOX

BABY POTATOES	800g
RED ONION	1
CHERRY TOMATOES	2 x 200g
CHICKEN BREAST (SKIN ON)	600g
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

Reheat reserved saucepan over medium heat with **oil**. Add crushed garlic and **1 1/2 tsp thyme**. Sauté for 1 minute until garlic is fragrant. Roughly tear spinach and add to pan. Cover and cook for 1 minute. Stir and cook for a further minute to wilt spinach. Remove from heat and add sour cream. Season to taste with **salt and pepper**.



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, 2 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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