



### Product Spotlight: Jalapeno

In the Americas, the use of chilli, including jalapeños, dates back thousands of years, including the practice of smoking some varieties to preserve them.



# Jalapeno Honey Chicken

## Roast Veg Tray Bake

Free-range chicken chops roasted on one tray with filling veggies served with a pickled jalapeño honey dressing. One dish to clean, no fuss deliciousness!



40 minutes



4 servings



Chicken

## Spice it down!

*To spice down the jalapeño dressing, remove the seeds from the chilli, use less or remove it altogether. Slice and serve the chilli separately for those who do enjoy the heat!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	34g	45g

## FROM YOUR BOX

CAULIFLOWER	1
YELLOW CAPSICUM	1
SWEET POTATOES	600g
RED ONION	1
CHICKEN CHOPS	1kg
JALAPENO	1
HONEY SHOTS	2

## FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, cumin seeds, ground coriander

## KEY UTENSILS

oven tray

## NOTES

If you want to bulk up this dish, add any extra veggies you like in step 1. Potato, zucchini, pumpkin and broccoli would all make a great addition.

Slashing the chicken chops will help the flavours and heat penetrate the chicken. This means more flavour and faster cooking time!



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## 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Cut **cauliflower** into florets. Slice **capsicum**, **sweet potatoes** and wedge **onion** (see notes). Toss on a lined oven tray with **oil**, **1 tbsp coriander**, **salt and pepper**.



## 4. FINISH AND SERVE

Serve **tray bake** tableside drizzled with **jalapeño dressing**.



## 2. ROAST THE CHICKEN & VEG

Slash **chicken chops** in 2-4 places (see notes). Toss with **oil**, **1 tbsp cumin seeds**, **salt and pepper**. Place on top of **vegetables** and roast for 25-30 minutes until **chicken** is cooked through.



## 3. MAKE JALAPEÑO DRESSING

Thinly slice **jalapeño** (see cover for notes). Add to a bowl with **2 tbsp vinegar**. Leave to sit for 5 minutes. Add **honey** shots to pickled **jalapeño** with **1 tbsp water**, **salt and pepper**. Mix to combine.

**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**

