

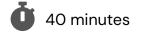


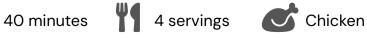


# Jalapeño Honey Chicken

## **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!







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!

TOTAL FAT CARBOHYDRATES

25g

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!



#### 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.



#### 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.



#### 4. FINISH AND SERVE

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





