



Product Spotlight: Baby Capers

Baby capers are the youngest, most tender buds of the caper bush, prized for their intense, briny flavour. A little goes a long way!



Puttanesca Chicken Traybake

Chicken breast fillets roasted in a rich puttanesca sauce of tinned cherry tomatoes, kalamata olives and baby capers, served alongside herbed roasted potatoes and wilted baby spinach.



40 minutes



Chicken



4/6 servings

Switch it up!

This dish is delicious served with crusty bread to soak up all the saucy goodness. Crumble over some feta cheese before serving for an extra salty, creamy finish.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	51g	8g	48g/61g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.5kg
RED ONION	1	1
GARLIC CLOVES	2	3
BABY CAPERS	1 jar	1 jar
TINNED CHERRY TOMATOES	400g	400g
CHERRY TOMATOES	200g	2x 200g
KALAMATA OLIVES	100g	2x 100g
CHICKEN BREAST FILLETS	600g	600g + 300g
BABY SPINACH	120g	2x 120g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

oven tray, oven dish

NOTES

Slice the potatoes thinly and evenly so they cook through evenly and get nicely golden.

Drain the capers before adding. If you find the brine overwhelming, give them a quick rinse first.



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1. ROAST THE POTATOES

Set oven to 220°C.

Thinly slice **potatoes** (see notes) and toss on a lined oven tray with **oil**, **1 tsp dried oregano**, **salt** and **pepper**. Roast for 25–30 minutes, or until golden and tender.

6P – add 1 1/2 tsp oregano



2. MAKE PUTTANESCA SAUCE

Wedge **onion**, crush **garlic** and drain **capers** (see notes). Add to a large oven dish along with **tinned cherry tomatoes**, fresh **cherry tomatoes**, **Kalamata olives**, **1 tsp dried oregano**, **2 tbsp olive oil**, **salt** and **pepper**. Mix to combine.

6P – add 1 1/2 tsp oregano and 3 tbsp olive oil



3. ROAST THE CHICKEN

Halve **chicken breasts** and coat with **oil**, **salt** and **pepper**. Nestle **chicken** into the **sauce**. Roast for 20–25 minutes, or until **chicken** is cooked through.



4. TOSS THE SPINACH

When **chicken** is cooked through, remove from the oven dish. Add **baby spinach** to **puttanesca sauce** and toss gently to wilt. Return **chicken** to oven dish.



5. FINISH AND SERVE

Serve **roasted potatoes** on a plate tableside with **chicken puttanesca**.

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