



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



4/6 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
	43g	22g	46g

FROM YOUR BOX

	4 PERSON	6 PERSON
CAULIFLOWER	1	1
YELLOW CAPSICUM	1	2
SWEET POTATOES	600g	1.2kg
RED ONION	1	1
CHICKEN CHOPS	2 x 4pk	3 x 4pk
JALAPEÑO	1	2
HONEY SHOTS	2	4

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 **red onion** (see notes). Toss on a lined oven tray with **oil**, **1-2 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**, **1-2 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.

6P - use 4 tbsp vinegar to pickle jalapeño. Add honey shots and 2 tbsp water.

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