



### Product Spotlight: Lemon

When zesting lemons, you want to make sure and only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



## Peri Peri Chicken Traybake

An all-in-one traybake packed with flavour! Peri Peri spiced chicken Marylands roasted with baby potatoes, cherry tomatoes, onion and capsicum, finished with lemon and parsley and served with aioli.



40 minutes



2 servings



Chicken

### Stretch the dish!

*You can stretch the dish to feed extra or to enjoy for lunch the next day. Serve with flatbreads or a side salad, or add vegetables such as zucchini and sweet potato to the traybake.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	56g	38g

## FROM YOUR BOX

CHICKEN MARYLANDS	2-pack
LEMON	1
PERI PERI SPICE MIX	1 packet
BABY POTATOES	300g
YELLOW CAPSICUM	1
SHALLOT	1
CHERRY TOMATOES	200g
PARSLEY	1 packet
AIOLI	100g

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large oven tray

## NOTES

You can use 2 oven trays if you don't have one large enough. Otherwise, place the chicken on top of the vegetables and increase the cook time. The juices from the chicken will flavour the vegetables as they roast.

Soak the parsley in a small bowl of water to quickly rinse off any stray sand.

*Peri peri spice mix: smoked paprika, ground coriander, dried oregano, brown sugar, ground onion powder and garlic powder.*



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### 1. PREPARE THE CHICKEN

Set oven to 250°C.

Slash **chicken** to the bone. Coat with **lemon** zest, 1 tbsp **peri peri spice mix**, **oil**, **salt** and **pepper**. Place on a large lined oven tray.



### 2. ADD VEGETABLES AND BAKE

Halve **potatoes**, slice **capsicum** and **shallot**. Arrange with **tomatoes** on oven tray with chicken (see notes). Squeeze over juice from 1/2 lemon and sprinkle with remaining peri peri spice. Drizzle with **oil** and season with **salt** and **pepper**. Roast for 30 minutes or until chicken is cooked through.



### 3. PREPARE THE GARNISH

Wedge remaining lemon. Chop **parsley** (see notes). Set aside with **aioli**.



### 4. FINISH AND SERVE

Garnish traybake with chopped parsley.  
Serve with lemon wedges and aioli.

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