



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



4/6 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
4/6 Person:	38g	29g/34g	40g

FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN MARYLANDS	4-pack	4pk + 2pk
LEMON	1	2
PERI PERI SPICE MIX	1 packet	2 packets
BABY POTATOES	600g	1kg
YELLOW CAPSICUM	1	2
RED ONION	1	1
CHERRY TOMATOES	200g	2 x 200g
PARSLEY	1 packet	1 packet
AIOLI	100g	2 x 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.



1. PREPARE THE CHICKEN

Set oven to 250°C.

Slash **chicken** to the bone. Coat with **lemon zest, 2 tbsp peri peri spice mix, oil, salt and pepper**. Place on a large lined oven tray.

6P – coat with **lemon zest, 3 tbsp peri peri spice mix, oil, salt and pepper**.



2. ADD VEGETABLES AND BAKE

Halve **potatoes**, slice **capsicum** and **onion**. 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.

6P – squeeze over **juice from 1 lemon** and **sprinkle with remaining peri peri spice**.



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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