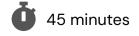




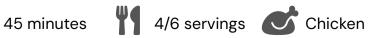
# Peruvian Chicken Tray Bake

# with Aji Verde

Peruvian marinated skin-on chicken breast roasted with white sweet potato, capsicum and cherry tomatoes and served with yoghurt-based aji verde.







What is it?

Aji Verde is a green chilli sauce from Peru. It is deliciously spicy, creamy and tangy. Traditionally, it is made with coriander, garlic, lime, fresh chillies and mayo, which we have substituted with yoghurt.

PROTEIN TOTAL FAT CARBOHYDRATES

37gg

#### FROM YOUR BOX

	4 PERSON	6 PERSON
GARLIC CLOVES	2	2
CHICKEN BREAST SKIN-ON	600g	600g + 300g
WHITE SWEET POTATOES	1kg	1.5kg
YELLOW CAPSICUM	1	2
SPRING ONIONS	1 bunch	1 bunch
CHERRY TOMATOES	200g	2 x 200g
CORIANDER	1 packet	2 packets
JALAPEÑO	1	1
NATURAL YOGHURT	1 tub	2 tubs

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika, ground cumin, soy sauce (or tamari), red wine vinegar

#### **KEY UTENSILS**

oven tray, stick mixer or small blender

#### **NOTES**

Remove seeds from jalapeño for a milder flavour. Alternatively, omit jalapeño from the aji verde and slice to serve as desired.

Reserve some coriander leaves and spring onion green tops for garnish.

Can't be bothered getting out the stick mixer? No worries! Finely chop the ingredients and mix them with the yoghurt.



## 1. MARINATE THE CHICKEN

Set oven to 220°C.

Crush 1 garlic clove and add to a bowl along with 2 tbsp soy sauce, 1 tbsp paprika, 1 tbsp cumin and pepper. Mix to combine. Halve chicken and add to marinade. Toss to coat.

6P - use 3 tbsp soy sauce.



# 4. MAKE THE AJI VERDE

Roughly chop coriander (including stems and roots) and jalapeño (see notes). Add to a jug along with reserved spring onion green tops, 1 garlic clove, yoghurt, 1 tbsp water, 1 tbsp vinegar, salt and pepper. Use a stick mixer to blend until smooth.

6P - use 2 tbsp vinegar.



## 2. PREPARE THE TRAY BAKE

Cut sweet potato into angular pieces. Roughly chop capsicum. Cut spring onions into 3cm pieces (reserve green tops for step 4). Toss on a lined oven tray along with tomatoes, oil, salt and pepper.



## 3. ROAST THE TRAY BAKE

Place chicken on top of the vegetables. Drizzle over any remaining marinade. Roast for 30-35 minutes until vegetables are tender and chicken is cooked through.



# 5. FINISH AND SERVE

Serve tray bake tableside with aji verde. Garnish with any reserved coriander leaves and spring onion green tops.





How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au