



Lemon Chicken Tray Bake

Zesty lemon and garlic-roasted chicken with golden potatoes, blistered cherry tomatoes, and tender kale, all baked together for a bright and flavourful meal.



35 minutes



2 servings



Chicken

FROM YOUR BOX

MEDIUM POTATOES	3
LEMON	1
GARLIC CLOVE	1
CHERRY TOMATOES	200g
DICED CHICKEN BREAST	300g
KALE LEAVES	2

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You can add more vegetables to this tray bake for a more filling meal. Capsicum, mushrooms, sweet potato and pumpkin work well!

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1. PRECOOK THE POTATOES

Set oven to 220°C.

Dice **potatoes** and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 15 minutes.

TIP *Add a dried herb such as dried thyme, oregano or rosemary for flavour. You could also use chopped fresh rosemary. We used 1 tsp dried herb mix.*

2. ADD CHICKEN AND TOMATOES

Slice **lemon** and crush **garlic clove** (see tip). Toss in a bowl with **cherry tomatoes, chicken**, seasoning of choice, **oil, salt and pepper**. Add to tray with potatoes and return to oven to cook for 10–15 minutes or until chicken and potatoes are cooked through.

TIP *Add lemon zest before slicing for extra flavour! We tossed the chicken with 2 tsp smoked paprika and 1 tsp dried oregano. You can use ground cumin, turmeric, dried rosemary or thyme.*

3. TOSS WITH KALE

Roughly tear **kale** leaves. Toss through tray bake until slightly wilted.

TIP *You can add the kale to the tray bake in step 2 if you prefer it more cooked. Drizzle the kale leaves with olive oil and use hands to scrunch before tossing. This will tenderise the leaves further.*

4. FINISH AND SERVE

Serve traybake at the table with condiments of choice.

TIP *This dish works well with a yoghurt sauce. You can combine natural yoghurt with crushed garlic or a dried herb, salt and pepper to make a sauce.*

This recipe has simplified instructions to help lower your meal cost.