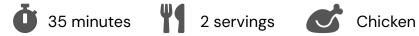






# Lemon Chicken Tray Bake

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







#### 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!

### 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.



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.



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.