



## Roast Chicken and Vegetable Traybake

Golden roasted chicken chops with a medley of caramelised potatoes, zucchini, and tomatoes, all infused with garlic for a hearty and comforting meal.



40 minutes



2 servings



Chicken

## FROM YOUR BOX

MEDIUM POTATOES	2
SWEET POTATOES	500g
ZUCCHINI	1
TOMATO	1
GARLIC CLOVES	1
CHICKEN CHOPS	500g

## FROM YOUR PANTRY

olive oil, salt and pepper

## NOTES

Slashing the chicken to the bone helps to get more flavour in the meat and reduces roasting time.

## 1. PREPARE THE VEGETABLES

Preheat oven to **250°C**. Slice **potatoes** and **sweet potatoes**. Dice **zucchini** and **tomato**. Toss in a baking dish with **1/4 cup olive oil** and **crushed garlic**, seasoning of choice (see tip), **salt and pepper**.

**TIP**

*We used 1 tbsp dried oregano, you can use fresh rosemary, thyme or oregano. Add a dried spice such as ground cumin or paprika for a warming flavour.*

## 2. PREPARE THE CHICKEN

Coat **chicken chops** with **olive oil**, seasoning of choice, **salt, and pepper**. Arrange over the vegetables. Roast for 30–35 minutes, until golden and chicken cooked through.

**TIP**

*We used a pre made peri peri spice mix to season the chicken. You can use a marinade, spice rub, dried herb or lemon zest and garlic to flavour the chicken.*

## 3. FINISH AND SERVE

Serve the traybake at the table with any pan juices drizzled over the top.

**TIP**

*Garnish with herbs like parsley or basil for a fresh finish.*

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