



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



4 servings



Chicken

FROM YOUR BOX

MEDIUM POTATOES	3
SWEET POTATOES	500g
ZUCCHINI	1
TOMATOES	2
GARLIC CLOVES	2
CHICKEN CHOPS	1kg

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 **tomatoes**. 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.