

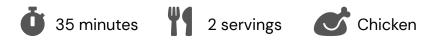
### Product Spotlight: Watercress

Watercress is a real powerhouse of nutrients and is classed as a superfood. Vitamin K is by far the most prominent nutrient, it can help build strong bones and assist with blood clotting.

# 2 Sticky Chicken Tray Bake

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Chicken drumsticks roasted with a honey balsamic marinade along with roast tomatoes and onion, finished with peppery watercress.



30 November 2020



Add fresh herbs to the tray bake such as thyme, sage, oregano or rosemary. Whole garlic cloves are also really nice roasted in this dish!

#### FROM YOUR BOX

RED ONION	1/2 *
TOMATOES	2
YELLOW CAPSICUM	1
CHICKEN DRUMSTICKS	4 pack
CANNELLINI BEANS	400g
HONEY SHOT	1
WATERCRESS	1 sleeve
LABANNEH CHEESE	1/2 tub *

\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

olive oil, salt and pepper, balsamic vinegar, smoked paprika

#### **KEY UTENSILS**

large oven dish

#### NOTES

Slashing the chicken will allow more marinade to coat the drumsticks, as well as speed up the cooking time.



## **1. PREPARE THE VEGETABLES**

Set oven to 220°C.

Wedge onion, quarter the tomatoes and chop capsicum. Add to a lined oven dish.



## 2. ADD CHICKEN & BEANS

Slash the chicken drumsticks to the bone (see notes) and add to oven dish along with drained beans.



## **3. DRESS THE TRAYBAKE**

Combine honey, **2 tsp smoked paprika**, **2 tbsp balsamic vinegar** and **2 tbsp olive oil**. Toss through chicken and vegetables until well coated. Season with **salt and pepper**. Bake in oven for 25–30 minutes until chicken is cooked through.



## **4. PREPARE WATERCRESS**

Trim watercress. Lightly drizzle with **balsamic vinegar** and **olive oil**. Set aside.



#### **5. FINISH AND PLATE**

Divide chicken and vegetables among shallow bowls. Garnish with watercress and spoon over labanneh cheese.

