



### 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

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

 35 minutes

 2 servings

 Chicken

30 November 2020

*Spice it up!*

*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!*

Per serve: **PROTEIN** 51g **TOTAL FAT** 41g **CARBOHYDRATES** 61g

## 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.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

