



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

 4 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** 41g **TOTAL FAT** 28g **CARBOHYDRATES** 33g

FROM YOUR BOX

RED ONION	1/2 *
TOMATOES	2
RED CAPSICUM	1
YELLOW CAPSICUM	1
CHICKEN DRUMSTICKS	8 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 capsicums. 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**

