



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED



## Teriyaki Chicken Traybake

A simple, flavour-packed traybake of teriyaki chicken with caramelised sweet potatoes, tender greens and a hint of chilli.



35 minutes



Chicken



4/6 servings

## FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
ASIAN GREENS	1 bunch	2 bunches
SPRING ONIONS	1 bunch	2 bunches
CHICKEN TENDERLOINS	600g	600g + 300g
TERIYAKI SAUCE	1 sachet	2 sachets
RED CHILLI	1	1

## FROM YOUR PANTRY

sesame oil, salt and pepper, soy sauce

## NOTES

Asian greens can be quite sandy. Cut the bulbs in half and soak in water to help remove any excess sand.

The Asian greens, spring onions and chicken can be cooked in a frypan instead if preferred.

This dish can be served with rice if preferred!

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## 1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Cut **sweet potatoes** into angular pieces (3–4cm). Toss on a lined oven tray with **2 tbsp sesame oil, salt and pepper**. Roast in oven for 15 minutes.

**6P – use 3 tbsp sesame oil.**

**TIP** *You can use soy sauce instead of salt to season the sweet potatoes.*

## 2. PREPARE CHICKEN AND VEGETABLES

Trim and halve **Asian greens** lengthways through **bulbs** (see notes). Cut **spring onions** into 4–5cm lengths.

Place **chicken tenderloins** in a large bowl. Toss with **teriyaki sauce** and **1 tbsp soy sauce** to coat.

**TIP** *Reserve some spring onion tops to finely slice for garnish.*

## 3. BAKE THE CHICKEN AND VEGETABLES

Remove tray with **sweet potatoes** from oven. Add **chicken** and **vegetables** (including any remaining sauce) to tray in a single layer (see notes). Drizzle with **sesame oil**. Return to oven and bake for 10–12 minutes, or until **chicken** is cooked through.

**6P – add the vegetables to the tray with sweet potatoes and cook chicken in a separate oven dish to spread the ingredients out.**

**TIP** *Keep chicken spread out for even cooking and slight caramelisation.*

## 4. FINISH AND SERVE

Deseed and thinly slice **chilli**. Scatter on top of **chicken traybake** and serve.

**TIP** *You can garnish the tray bake with chopped peanuts, cashews or fried shallots.*

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