



Teriyaki Chicken Traybake

with Sesame Potatoes and Tenderstem® Broccoli

Classic 35-40 Minutes • Mild Spice

45



Potatoes



Tenderstem® Broccoli



Roasted White Sesame Seeds



Chicken Breasts



Thai Style Spice Blend



Teriyaki Sauce

Pantry Items
Oil, Salt, Pepper, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Tenderstem® Broccoli**	150g	200g	300g
Roasted White Sesame Seeds 3)	5g	7g	10g
Chicken Breasts**	2	3	4
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Teriyaki Sauce 11)	50g	75g	100g

Pantry	2P	3P	4P
Mayonnaise*	4 tbsp	6 tbsp	8 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2662 /636	512 /122
Fat (g)	25.0	4.8
Sat. Fat (g)	2.8	0.5
Carbohydrate (g)	57.3	11.0
Sugars (g)	12.4	2.4
Protein (g)	47.9	9.2
Salt (g)	1.91	0.37

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.


Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 1cm chunks (no need to peel).

Halve any thick **broccoli stems** lengthways.



Roast the Potatoes

Pop the **potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **sesame seeds**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-35 mins.



Spice up the Chicken

Meanwhile, lay the **chicken** onto another baking tray.

Sprinkle over the **Thai style spice blend** (add less if you'd prefer things milder), drizzle with **oil** and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Ready, Steady, Roast

Roast the **chicken** on the top shelf of your oven until cooked through, 25-30 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Broccoli Time

Halfway through cooking the **potatoes**, turn them.

At the same time, add the **broccoli** to the **chicken** tray and drizzle with **oil**. Season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.

Drizzle the **teriyaki sauce** over the **chicken**, then return the tray to the middle shelf for the remaining time.



Serve Up

Once cooked, slice the **chicken** widthways into 2cm thick slices, then transfer to your plates. Spoon over any remaining **teriyaki sauce** from the tray.

Serve with your **sesame potatoes** and **roasted broccoli** alongside.

Finish with a dollop of **mayo** (see pantry for amount) for dipping.

Enjoy!