



Peri Peri Chicken Breast Traybake with Roast Potatoes and Tomato & Pea Shoot Salad

Classic 40-45 Minutes • Mild Spice

45



Garlic Clove



Potatoes



Peri Peri Seasoning



Honey



Chicken Breasts



Cider Vinegar



Medium Tomato



Pea Shoots

Pantry Items

Oil, Salt, Pepper, Olive Oil, 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

Garlic press, baking tray and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--------------------------|----------|-----------|-----------|
| Garlic Clove** | 1 | 2 | 2 |
| Potatoes | 450g | 700g | 900g |
| Peri Peri Seasoning | 1 sachet | 2 sachets | 2 sachets |
| Honey | 15g | 30g | 30g |
| Chicken Breasts** | 2 | 3 | 4 |
| Cider Vinegar 14) | 15ml | 15ml | 30ml |
| Medium Tomato** | 1 | 2 | 2 |
| Pea Shoots** | 40g | 60g | 80g |

| Pantry | 2P | 3P | 4P |
|-----------------------------|---------|--------|--------|
| Olive Oil for the Marinade* | 1½ tbsp | 2 tbsp | 3 tbsp |
| Olive Oil for the Dressing* | 1 tbsp | 2 tbsp | 2 tbsp |
| Mayonnaise* | 2 tbsp | 3 tbsp | 4 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal) | 2498 /597 | 492 /118 |
| Fat (g) | 24.0 | 4.7 |
| Sat. Fat (g) | 3.2 | 0.6 |
| Carbohydrate (g) | 54.7 | 10.8 |
| Sugars (g) | 10.5 | 2.1 |
| Protein (g) | 44.7 | 8.8 |
| Salt (g) | 0.86 | 0.17 |

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

Allergens

14) Sulphites

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.


Contact

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Prep your Potatoes

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

Peel and grate the **garlic** (or use a garlic press).

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop them onto a large baking tray. Drizzle with **oil**, and season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.



Mix the Dressing

Meanwhile, in another large bowl, add the **cider vinegar**, **olive oil for the dressing** (see pantry for amount) and remaining **honey**.

Season with **salt** and **pepper**, mix well, then set the **dressing** aside.



Flavour the Chicken

In a large bowl, mix together the **peri peri seasoning** (use less if you'd prefer things milder), **garlic**, **olive oil for the marinade** (see pantry for amount) and **half the honey**. Season with **salt** and **pepper**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Add the **chicken** and turn to coat in the **marinade**, then pop onto another baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Make your Salad

Just before you're ready to serve, cut the **tomato** into 2cm chunks.

Add the **tomato** and **pea shoots to the dressing** bowl and toss well to coat. **TIP:** Keep a portion of salad aside before dressing for anyone who'd prefer it without dressing.



Get Roasting

When the oven is hot, roast the **potatoes** on the top shelf and the **chicken** on the middle shelf until golden and cooked through, 25-35 mins.

IMPORTANT: The chicken is cooked when no longer pink in the middle.

Turn the **potatoes** halfway through.



Serve

When everything's ready, slice your **chicken** widthways into 4 or 5 pieces and serve alongside the **potatoes**.

Share the **pea shoot salad** between your plates and finish with a dollop of **mayo** for dipping (see pantry for amount).

Enjoy!