



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

Family 40-45 Minutes • Mild Spice

45



Garlic Clove



Potatoes



Peri Peri Seasoning



Honey



British Chicken Breasts



Cider Vinegar



Medium Tomato



Pea Shoots

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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
British 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*	½ 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	Per serving	Per 100g
for uncooked ingredient	497g	100g
Energy (kJ/kcal)	2477 /592	498 /119
Fat (g)	23.9	4.8
Sat. Fat (g)	3.2	0.6
Carbohydrate (g)	54.4	10.9
Sugars (g)	10.2	2.1
Protein (g)	44.5	9.0
Salt (g)	0.85	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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

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1 Prep your Potatoes

Preheat your oven to 220°C/200°C 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.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



4 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.



2 Flavour the Chicken

In a large bowl, mix the **peri peri seasoning**, **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.



5 Make your Salad

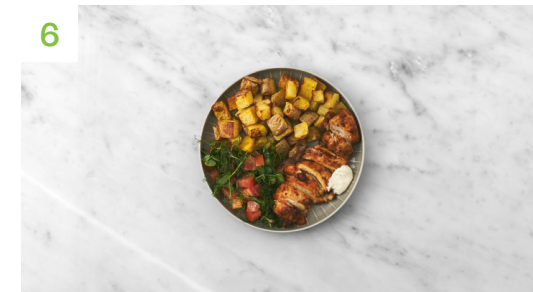
Just before you're ready to serve, cut the **tomato** into 2cm chunks.

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.



3 Get Roasting

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



6 Serve

When everything's ready, slice your **chicken** widthways into 2cm thick slices 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!

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