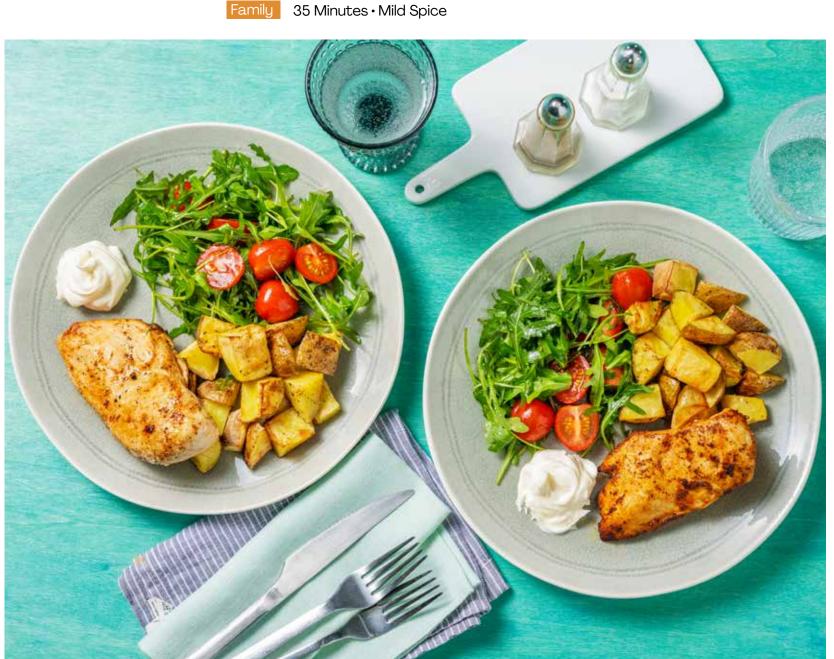


Peri Peri Chicken Breast Traybake

with Herby Potatoes and Tomato & Rocket Salad



35 Minutes • Mild Spice











Garlic Clove



Potatoes

Provencal Herbs





Peri Peri Seasoning





Honey

Chicken Breast



Apple Cider Vinegar



Baby Plum Tomatoes



Rocket



Mayonnaise

Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Garlic press, baking tray and bowl.

Ingredients

	2P	3P	4P	
Garlic Clove**	1	2	2	
Potatoes**	450g	700g	900g	
Provencal Herbs	1 pot	2 pots	2 pots	
Peri Peri Seasoning	1 pot	2 pots	2 pots	
Olive Oil for the Marinade*	1½ tbsp	2 tbsp	3 tbsp	
Honey	1 sachet	2 sachets	2 sachets	
Chicken Breast**	2	3	4	
Apple Cider Vinegar 14)	1 sachet	1 sachet	2 sachets	
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp	
Baby Plum Tomatoes	125g	250g	250g	
Rocket**	40g	80g	80g	
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	520g	100g
Energy (kJ/kcal)	2323 /555	447 /107
Fat (g)	18	3
Sat. Fat (g)	3	1
Carbohydrate (g)	56	11
Sugars (g)	13	2
Protein (g)	45	9
Salt (g)	1.24	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 9) Mustard 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, 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 the Veg

Preheat your oven to 200°C. Peel and grate the **garlic** (or use a garlic press). Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **Provencal herbs**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. TIP: Use two baking trays if necessary.



Flavour the Chicken

Put the **peri peri seasoning** (add less if you don't like heat), **garlic**, **olive oil for the marinade** (see ingredients for amount) and **half** the **honey** into a large bowl. TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min. Season with **salt** and **pepper** and mix to combine. Add the **chicken** and turn to coat in the **marinade**, then pop onto another baking tray. **IMPORTANT**: Wash your hands and equipment fter handling raw chicken and its packaging.



Get Roasting

When the oven is hot, roast the **potato chunks** on the top shelf and the **chicken** on the middle shelf until golden and cooked through, 25-35 mins. Turn the **potatoes** halfway through. IMPORTANT: The chicken is cooked when no longer pink in the middle.



Mix the Dressing

Meanwhile, in another large bowl, add the **cider vinegar**, **olive oil for the dressing** (see ingredients for amount) and remaining **honey**. Season with **salt** and **pepper**, mix well, then set the **dressing** aside.



Make the Salad

Just before serving, halve the **baby plum tomatoes**. Add the **rocket** and **tomatoes** 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.



Serve

When everything is ready, share the **potatoes** and **chicken** between your plates. Serve the **rocket salad** alongside with a dollop of **mayo** for dipping.

Enjoy!