



Peri Peri Chicken Breast Traybake with Herby Potatoes and Tomato & Rocket Salad

Family 35 Minutes • Mild Spice

7



Garlic Clove



Potatoes



Provencal Herbs



Peri Peri Seasoning



Honey



Chicken Breast



Apple Cider Vinegar



Baby Plum Tomatoes



Rocket



Mayonnaise

Pantry Items
Olive Oil

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, soy, 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.



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.



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 after handling raw chicken and its packaging.



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.



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.



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!