



# Pesto Chicken Thigh Traybake with Herby Potatoes and Caprese Salad

Family

40 Minutes • 1 of your 5 a day

7



Potatoes



Medium Tomato



Mozzarella



Italian Style Herbs



Chicken Thigh



Green Pesto



Balsamic Vinegar



## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Bowl and Baking Tray.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Medium Tomato	2	3	4
Mozzarella** 7)	1 ball	1½ balls	2 balls
Italian Style Herbs	½ sachet	½ sachet	1 sachet
Chicken Thigh**	4	6	8
Green Pesto 7)	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1 tbsp	2 tbsp
Balsamic Vinegar 14)	½ sachet	½ sachet	1 sachet

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	587g	100g
Energy (kJ/kcal)	3356/802	572/137
Fat (g)	47	8
Sat. Fat (g)	19	3
Carbohydrate (g)	44	7
Sugars (g)	6	1
Protein (g)	54	9
Salt (g)	0.69	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Quick Prep

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Thinly slice the **tomatoes**. Drain and slice the **mozzarella**. To make your **Caprese salad**, pop the **tomato slices** onto a large plate and top each **slice** with **mozzarella**.



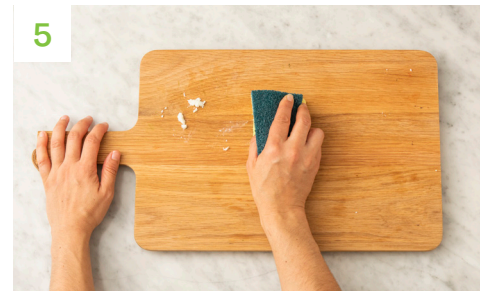
## Cook the Chicken

Pop the baking tray onto the middle shelf of your oven and roast until browned and cooked through, 16-18 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## Roast the Potatoes

Pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **Italian style herbs** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. **TIP:** *Use two baking trays if necessary.* Once hot, roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.



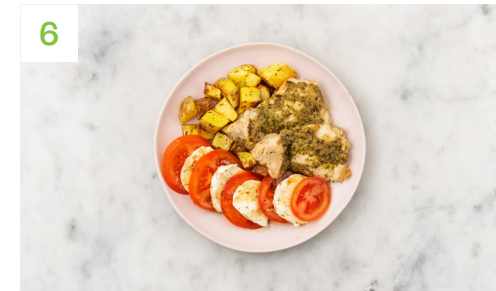
## Time to Chill

While the **potatoes** and **chicken thighs** roast in the oven, take a little time to tidy up or put your feet up and relax. Once everything is cooked, remove from the oven and allow to rest for a few mins.



## Hey Pesto

Lay the **chicken thighs** flat onto another baking tray. Drizzle with **oil** then season with **salt** and **pepper**. Share the **pesto** equally between the **chicken**. Use the back of the spoon to spread the **pesto** all over the top of each **thigh**. **IMPORTANT:** *Wash your hands after handling raw chicken and its packaging.*



## Finish and Serve

When everything is ready, pour the **olive oil** and **balsamic vinegar** (see ingredients for both amounts) into a small bowl and season with **salt** and **pepper**. Drizzle the **balsamic dressing** over the **Caprese salad** for those who'd like it. Divide the **pesto chicken thighs**, **roast potatoes** and **Caprese salad** between your plates.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.