











Nan's Chicken Traybake

with Pumpkin Wedges & Aioli Yoghurt

Grab your Meal Kit
with this symbol



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|---|---|
|  |  |
| Butternut Pumpkin | Zucchini |
|  |  |
| Capsicum | Red Onion |
|  |  |
| Chicken Thigh | Nan's Special Seasoning |
|  |  |
| Flaked Almonds | Greek-Style Yoghurt |
|  |  |
| Garlic Aioli | Baby Spinach Leaves |



Hands-on: **25-35 mins**
Ready in: **40-50 mins**



Naturally gluten-free
Not suitable for Coeliacs



Eat me early



Calorie Smart

Our popular Nan's special seasoning instantly adds a rich, traditional flavour to succulent chicken thigh. Add dill-parsley yoghurt and roasted veggies for a dish worth enjoying again and again.

Pantry items

Olive Oil, Flour (or Gluten-Free Plain Flour)

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper ·
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
zucchini	1	2
capsicum	1	2
red onion	½	1
chicken thigh	1 small packet	1 large packet
Nan's Special Seasoning	1 sachet	2 sachets
plain flour* (or gluten-free plain flour)	1 tsp	2 tsp
flaked almonds	1 packet	2 packets
Greek-style yoghurt	½ packet (50g)	1 packet (100g)
garlic aioli	½ packet (25g)	1 packet (50g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2307kJ (551Cal)	285kJ (68Cal)
Protein (g)	45.1g	5.6g
Fat, total (g)	23.7g	2.9g
- saturated (g)	4.5g	0.6g
Carbohydrate (g)	33.4g	4.1g
- sugars (g)	27g	3.3g
Sodium (mg)	456mg	56mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **butternut pumpkin** into thin wedges. Cut the **zucchini** into thin rounds. Thinly slice the **capsicum**. Cut the **red onion** (see ingredients) into wedges.

TIP: Peel the pumpkin if you prefer!

2



Roast the veggies

Divide the veggies between two lined trays. Drizzle with **olive oil** and season with the **salt** and **pepper**. Toss to coat and arrange in a single layer. Roast for **5 minutes**.

3



Roast the chicken

While the veggies are roasting, place the **chicken thigh**, **Nan's special seasoning** and **plain flour** in a bowl. Season, drizzle with **olive oil** and toss to coat. Move the **veggies** to one side of an oven tray and add the **chicken**. Roast until **chicken** is cooked through and veggies are golden and tender, **20-25 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

4



Toast the almonds

While the chicken is roasting, heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. In a small bowl, mix together the **Greek-style yoghurt** (see ingredients) and **garlic aioli** (see ingredients).

5



Bring it all together

When the veggies are done, add the **baby spinach leaves** to the tray and gently toss to combine.

6



Serve up

Slice the chicken. Divide the roast veggies between plates and top with the Nan's chicken. Spoon over the aioli yoghurt and garnish with the flaked almonds.

Enjoy!