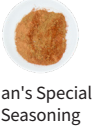




# Nan's Chicken Thigh Traybake

with Pumpkin Wedges & Aioli Yoghurt

Grab your Meal Kit  
with this symbol



Hands-on: **20-30 mins**  
Ready in: **35-45 mins**



Naturally Gluten-Free  
*Not suitable for coeliacs*



Calorie Smart



Eat Me Early

Our popular Nan's special seasoning instantly adds a rich, traditional flavour to succulent chicken thigh. Add garlic aioli and roasted pumpkin wedges for a dish worth enjoying again and again.

## Pantry items

Olive Oil, Plain 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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
carrot	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
baby spinach leaves	1 bag (60g)	1 bag (120g)
garlic aioli	1 packet (50g)	1 packet (100g)
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2595kJ (620Cal)	336kJ (80Cal)
Protein (g)	43.9g	5.7g
Fat, total (g)	30.7g	4g
- saturated (g)	4.4g	0.6g
Carbohydrate (g)	34.9g	4.5g
- sugars (g)	27.7g	3.6g
Sodium (mg)	527mg	68mg

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://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 **carrot** into rounds. Thinly slice the **capsicum**. Cut the **red onion** (see ingredients) into thick wedges.

**TIP:** Peel the pumpkin if you prefer!

2



## Roast the veggies

Spread the **veggies** over two lined oven trays. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and arrange in a single layer. Roast until golden and tender, **10 minutes**.

3



## Flavour 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.

4



## Roast the chicken

Move the **veggies** to one side of an oven tray and add the **chicken**. Roast until the veggies are golden and the **chicken** is cooked through, **15-20 minutes**.

**TIP:** The chicken is cooked through when it's no longer pink inside.

5



## Bring it all together

When the veggies are done, combine the **baby spinach leaves** and **roasted veggies** in a bowl. Gently toss to combine.

**TIP:** Add the baby spinach leaves to the veggie tray and save on washing up!

6



## Serve up

Divide the roast veggies between plates and top with the Nan's chicken. Serve with the **garlic aioli** and garnish with the **flaked almonds**.

## Enjoy!