

# DINNERLY



## Smoky Baked Chicken with Parmesan Potatoes



30-40 minutes



2 Servings

Grab some spuds, boil and bake with parmesan until melted and totally delicious. Same goes for chicken coated in smoky barbecue seasoning and fresh tomato - simply bake, then serve. How easy is that!

## WHAT WE SEND

- chicken tenderloins
- smoky BBQ seasoning <sup>17</sup>
- baby spinach leaves
- chat baby potatoes
- tomato
- parmesan <sup>7</sup>

## WHAT YOU NEED

- olive oil
- sea salt and pepper
- spray oil

## TOOLS

- baking paper
- fine grater
- oven tray
- potato masher

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 425kcal, Fat 16.3g, Carbs 23.1g, Proteins 43.2g



### 1. Boil potatoes

Preheat the oven to 220C. Line an oven tray with baking paper. Halve any large **potatoes**, then cook the unpeeled potatoes in a medium saucepan of boiling salted water for 10-12 mins or until tender. Drain. Meanwhile, finely grate **half the parmesan** (reserve remainder for another use).



### 2. Smash potatoes

Put the **boiled potato** on the lined tray and coarsely smash with a potato masher. Drizzle with **1½ tbs olive oil**, sprinkle with the **parmesan** and season with **salt and pepper**.



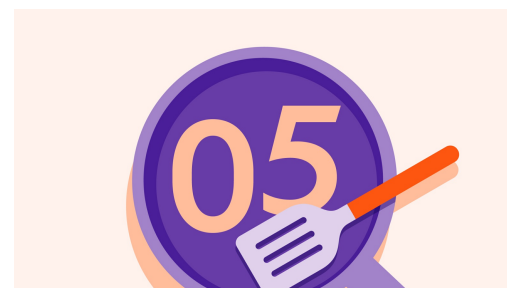
### 3. Bake potatoes and tomato

Halve the **tomato**, put on the tray with the **smashed potato** and season with **salt and pepper**. Baked for an initial 15 mins or until the vegetables are starting to brown.



### 4. Marinate chicken

Meanwhile, put the **chicken** in a bowl. Add **half the BBQ seasoning** (reserve remainder for another use), season with **salt and pepper** and stir to coat.



### 5. Get ready to serve

Once the vegetables have baked for 15 mins, remove the tray, add the **chicken** in a single layer and spray with **spray oil**. Return the tray to the oven and bake for a further 8-10 mins or until the chicken is cooked through and the potatoes are golden and crisp. Divide the **spinach, parmesan potatoes, tomato** and **chicken** among plates to serve.



### 6. Kitchen hack

Make a quick vinaigrette for the spinach with 2 parts extra virgin olive oil and 1 part vinegar or lemon juice and season with salt and pepper.