

DINNERLY



Smoky Baked Chicken with Parmesan Potatoes



30-40 minutes



4 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

- free-range chicken tenderloins
- smoky BBQ seasoning ¹⁷
- baby spinach leaves
- potato
- parmesan ⁷
- tomato

WHAT YOU NEED

- olive oil
- sea salt and pepper
- spray oil

TOOLS

- baking paper
- medium saucepan
- 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 440kcal, Fat 16.3g, Carbs 27.0g, Proteins 43.4g



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 large saucepan of boiling salted water for 10-12 mins or until tender. Drain. Meanwhile, finely grate the **parmesan**.



2. Smash potatoes

Put the **boiled potato** on the lined tray and coarsely smash with a potato masher. Drizzle with **60ml (¼ cup) olive oil**, sprinkle with the **parmesan** and season with **salt and pepper**.



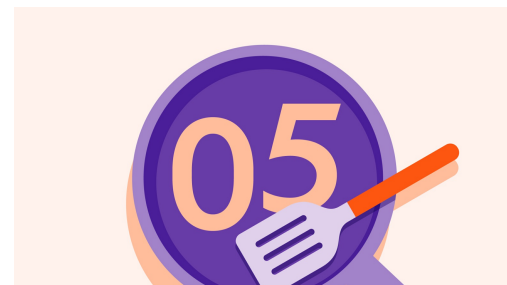
3. Bake potato and tomato

Halve the **tomatoes**, 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 the **BBQ seasoning**, 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 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.