



HEALTHY

Lemon Chicken Tray Bake

with Roasted Garlic Dressing



30-40min



4 Portions

Heat up your oven, slice up some veggies, prepare the chicken, make a quick dressing and cut some lemon, then put everything on trays and let your oven to do the work. Yes, we all love a tray-bake, where there's no stirring, pans spluttering or generally slaving over pots. The oven's heat concentrates all the flavours in the vegetables and lean breast, leaving you with a flavour-filled, healthy dinner.

What we send

- 2 red onions
- 2 potatoes
- 2 sweet potatoes
- 2 tbs maple syrup
- 2 lemons
- 2 large free-range chicken breast fillets
- 200g kale
- 4 tomatoes
- 2 garlic cloves

What you'll require

- olive oil
- sea salt and pepper
- red wine vinegar ¹⁷
- extra virgin olive oil
- Australian honey

Utensils

- 3 oven trays
- baking paper

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 555kcal, Fat 19.1g, Carbs 46.9g, Proteins 42.9g



1. Prepare vegetables

Read through the recipe. Heat the oven to 220C, fan-forced. Line 3 oven trays with baking paper. Thinly slice the **onion**. Scrub and thinly slice the **potato** and **sweet potato**. Put the onion, potato, sweet potato and **unpeeled garlic** on 2 lined trays.



2. Roast vegetables

Drizzle the vegetables with the **maple syrup** and **1 tbs olive oil**. Season with **salt and pepper**. Roast for 15 mins or until partially cooked.



3. Prepare chicken

Meanwhile, halve the **tomatoes** lengthwise. Thinly slice the **lemon**. Put the **chicken breasts** flat on a board, put your hand on top and halve horizontally into 4 equal fillets.



4. Roast chicken

Remove the **roasting vegetables** from the oven. Add the **tomatoes**. Put the **chicken** on top of the vegetables and season with **salt and pepper**, then layer the **lemon slices** over the fillets. Return to the oven and roast for a further 8-10 mins until the vegetables are tender and the chicken is cooked through.



5. Roast kale

Coarsely tear the **kale**, discarding the tough stems. Put the kale on the remaining lined tray. Drizzle with **1 tbs olive oil**, season with **salt and pepper** and rub to coat. Roast for 6-8 mins until the kale is wilted and slightly crisp.



6. Make dressing

Meanwhile, whisk **1½ tbs red wine vinegar**, **1½ tbs extra virgin olive oil** and **2 tsp honey** in a bowl and season with **salt and pepper**. Remove the **chicken** and **vegetables** from the oven. Squeeze the **garlic** from the skin and add to the **dressing**, then whisk to combine. Divide the **chicken** and **vegetables** among plates. Drizzle with the **dressing** to serve.