



# Cajun Chicken Traybake

with broccoli and roast potatoes

Calorie Smart 30-35 mins

11



Chicken Breast



Garlic



Cajun Spice Mix



Honey



Mayo



Lemon



Carrot



Baby Potatoes



Parsnip



Broccoli

Pantry Items: Oil, Salt, Pepper



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, zester

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Garlic	1 unit	2 units
Cajun Spice Mix	2 sachets	4 sachets
Honey	1 sachet	2 sachets
Mayo	2 sachets	4 sachets
Lemon	½ unit	1 unit
Carrot	1 unit	2 units
Baby Potatoes	500 g	1000 g
Parsnip	1 unit	2 units
Broccoli	1 unit	1 unit

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>738.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2589.9 kJ/ 619 kcal	350.7 kJ/ 83.8 kcal
Fat (g)	13.7 g	1.9 g
Sat. Fat (g)	1.9 g	0.3 g
Carbohydrate (g)	86.9 g	11.8 g
Sugars (g)	18 g	2.4 g
Protein (g)	47.1 g	6.4 g
Salt (g)	0.9 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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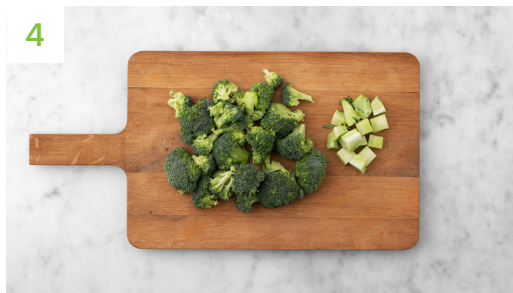
You can recycle me!



### Roast the Potatoes

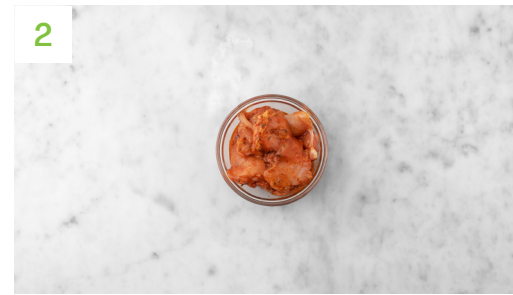
- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks.
- Pop onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



### Get Prepped

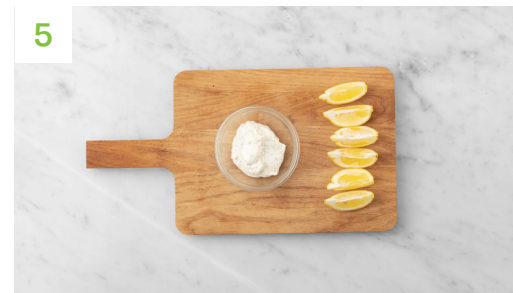
- Meanwhile, trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- When the **chicken** and veg have been cooking for 10 mins, remove from the oven and pop the **broccoli** onto the tray next to them.
- Season with **oil**, **salt** and **pepper**.
- Cook for the remaining time, 10-15 mins.



### Make the Marinade

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- In a large bowl, mix the **Cajun spice**, **garlic**, **honey** and 1 tbsp **oil** (double for 4p).
- Season with **salt** and **pepper**.
- Add the **chicken** and turn to coat in the marinade. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



### Make the Mayo Drizzle

- Zest **half** the **lemon** (double for 4p) then cut into thick wedges.
- In a small bowl mix a drizzle of **oil**, the **lemon** zest, a squeeze of **lemon** juice and **mayo**.
- Season to taste with **salt** and **pepper**.
- Mix well to combine.



### Cook the Chicken

- Meanwhile, trim the **carrot** and **parsnip** then halve lengthways (no need to peel). Slice widthways into pieces about ½ cm thick.
- Pop onto a (separate) lined baking tray.
- Toss with **salt**, **pepper** and a drizzle of **oil**.
- Arrange the marinated **chicken** next to the veg on the tray.
- Roast together on the middle shelf of the oven until golden and cooked through, 20-25 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



### Finish and Serve

- When everything is ready, slice the **chicken** widthways.
- Plate up the sliced **chicken** with roast **potatoes** and veg alongside.
- Finish with a drizzle of the lemony **mayo**.

**Enjoy!**