

Allergens*:

None

Chicken and Potato Tray Bake



Recipe
total cost
£4.83

See
ingredients
and cooking
method
overleaf...



Serves 4

Pop chicken thighs and potatoes in tray and roast with vegetables and garlic for a tasty dinner.



Equipment

- Oven proof dish
- Sharp knife
- Chopping board

* Ingredients and allergens may vary from different food shops and any Quorn products can contain egg, gluten, and milk, so to always check the label

Chicken and Potato Tray Bake



Ingredients:

- 500g skinless chicken thighs
- 2 medium potatoes
- 1 large sweet potato
- 1 onion
- 1 bell pepper (green, yellow or red)
- 3 garlic cloves
- Handful of cherry tomatoes
- 1 lemon
- 2 teaspoons smoked paprika
- Fresh thyme
- A pinch of salt and pepper



Method:

1. Roughly peel and chop the onions.
2. Chop the potatoes into chunks (no need to peel them! The skin has lots of fibre).
3. Chop the garlic and pepper.
4. Cut up the lemon into wedges.
5. Add all ingredients in the ingredients list to the tray and bake at 180°C/gas mark 4 for 50 minutes.