



U C O O K

— COOKING MADE EASY

Chicken & Chorizo Tray Bake

with golden potatoes, fresh thyme & blistered baby tomatoes

This chicken tray bake is a piece of cake! As it cooks with the chicken, baby potatoes, and baby tomatoes, the chorizo becomes delectably crispy – giving this roast that extra special something. Served with a fresh salad, drizzled with Dijon mustard dressing.

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Oliver Swart

 **Easy Peasy**

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Ingredients & Prep

250g	Baby Potatoes <i>rinsed & halved</i>
100g	Baby Tomatoes <i>rinsed</i>
5ml	NOMU Poultry Rub
2	Free-Range Chicken Pieces
30g	Sliced Chorizo <i>roughly chopped</i>
3g	Fresh Thyme <i>rinsed & picked</i>
22.5ml	Dijon Dressing <i>(15ml Red Wine Vinegar, 2.5ml Dijon Mustard & 5ml Honey)</i>
20g	Salad Leaves <i>rinsed</i>
50g	Cucumber <i>sliced into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. GLORIOUS TRAY BAKE Preheat the oven to 200°C. Place the halved baby potatoes and three-quarters of the rinsed baby tomatoes on a roasting tray. Coat in oil, season to taste, and spread out evenly. Pat the chicken pieces dry with some paper towel and nestle amongst the veggies, skin-side up. Coat in oil and the Poultry Rub, sprinkling any remaining rub over the veg. It should all fit snugly. Pop in the hot oven to roast for 30-35 minutes.

2. SALAD STUFF Cut the remaining baby tomatoes into quarters and place in a bowl. Add the Dijon dressing, a drizzle of oil, and some seasoning. Toss to coat and set aside to marinate until serving.

3. AT THE HALFWAY MARK... Give the veggies a shift and toss through the thyme leaves and chopped chorizo. Return to the oven for the remaining roasting time. On completion, the baby potatoes should be crisp on the outside and soft on the inside, the tomatoes should have blistered, and the chicken should be cooked through and crispy-skinned.

4. FINISH OFF Just before serving, toss the rinsed salad leaves and cucumber half-moons through the marinated baby tomatoes until coated in dressing.

5. EASY AS 1, 2, 3! Dish up some gorgeously crispy chorizo and veg bake and top with the succulent chicken pieces. Serve with the tangy salad on the side. Simple, stunning, delish!



Chef's Tip

All tomatoes are high in antioxidants and vitamin C, but baby tomatoes have a slightly higher beta-carotene content than regular plum tomatoes.

Nutritional Information

Per 100g

Energy	496kj
Energy	118Kcal
Protein	8.9g
Carbs	8g
of which sugars	1.9g
Fibre	1.4g
Fat	5.7g
of which saturated	1.7g
Sodium	111mg

Allergens

Allium, Sulphites

Cook
within 3
Days