

Mediterranean Tray Bake



Ready in about an hour



**SIMPLY
DINNER**

FEEDS 4

— RECIPE BY —

**annabel
langbein™**

What's in the kit

- Annabel's Go To Chermoula Sauce
- Chicken drumsticks
- Onions
- Potatoes
- Carrots
- Canned chickpeas

What else you need

- Oil
- Salt and pepper

Optional extras

- Fresh coriander or spring onion

*Dinner's
in the Bag!*

NET WEIGHT 1877 g



TBC

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Mediterranean Tray Bake



Serves 4



Ready in over an hour

Ingredients

We endeavour to supply your meal kit exactly as shown. However, due to seasonality and supply issues some ingredients may occasionally be substituted with a different item.

2 large onions (3 medium)

3 carrots

800g potatoes

1Kg (8-10) chicken drumsticks

1 can of chickpeas

1 tbsp oil

250g Annabel's Go To Chermoula Sauce

1 tsp salt and several grinds of pepper



Method

If using optional ingredients, please read cooking method fully before starting to cook.

1. Preheat oven to 180°C fan bake or 200°C regular bake.
2. Peel and halve onions and cut each half into wedges about 2cm thick. Peel carrots, and cut into smallish finger-sized batons. Peel potatoes and cut into 2-3 cm chunks. Rinse and drain chickpeas into a sieve.
3. Line the largest shallow roasting dish you have with baking paper for easy clean up (or use two smaller trays). Pile on the chopped vegetables, drained chick peas and chicken drumsticks.
4. Pour over ½ cup Annabel's Go To Chermoula sauce and 1 tbsp oil. Use your hands to mix evenly. Spread out in the tray nestling the chicken drumsticks into the vegetables so they sit directly on the tray. Season with salt and pepper.
5. Roast until tender and golden, 50-55 minutes, turning vegetables with a spatula after 30 minutes to ensure even cooking.
6. When vegetables are tender and lightly golden, and chicken is cooked, remove from oven and transfer to a serving platter.

To Serve

Thin the rest of the Go To Chermoula Sauce to the consistency of runny cream with a little bit of water. Drizzle this over the vegetables and chicken. Season with a little salt and some grinds of pepper.

Optional

If using optional spinach, arrange spinach on the base of the serving platter and pile the hot tray bake over the top. The spinach will wilt and soften slightly.

Thanks for supporting me and our Simply Dinner meal kit range.

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NUTRITION INFORMATION

Servings per package: 4

Serving size: 355 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	2810 kJ	790 kJ
Protein	28.9 g	8.1 g
Fat, total	32.9 g	9.3 g
- saturated	3.5 g	1.0 g
Carbohydrate	62.4 g	17.6 g
- sugars	5.7 g	1.6 g
Sodium	488 mg	138 mg

INGREDIENTS: Chicken (28%), Vermicelli Noodles [Pea starch (55%), mung bean starch (20%), corn starch, water], Cucumber, Carrot, Annabel's Go To Yum Yum Sauce (14%) [Cold pressed rapeseed oil, water, soy sauce (water, salt, soy beans, alcohol, wheat), garlic, vinegar, thickeners (1442, 415), sesame oil, egg yolk, tomato paste, sugar, red miso paste (soy), salt, spices, ginger, emulsifier (433), preservative (202), antioxidant (485)], Salad Leaves, Chopped Peanuts [Peanuts].

Contains Egg, Peanuts, Sesame, Soy, Wheat, Gluten

NUTRITION INFORMATION refers to the packaged meal and **NET WEIGHT** refers to the weight of the bag. All ingredients and items within this meal kit are intended for use in the recipe supplied and are to be used as **TBC** Use By date. Nutritional values can increase or decrease due to changes caused by the cooking process, the addition of optional ingredients and (such as salt) or the substitution of fresh produce.

Directions for use and storage conditions: Keep everything clean including hands and surfaces prior to eating. Wash all fruit and vegetables thoroughly. Separate raw and ready to eat foods during storage and preparation. Cook food thoroughly. Keep food at safe temperature and store ingredients between 1°C and 4°C.

Marketed by: Foodstuffs North Island Ltd. 35 Landing Drive, Mangere, Auckland 2022.

If you have any feedback or issues with your meal kit, please contact the store you purchased your Simply Dinner meal kit from.

