



Product Spotlight: Jalapeno


In the Americas, the use of chilli, including jalapeños, dates back thousands of years, including the practice of smoking some varieties to preserve them.




Jalapeno Honey Chicken

Roast Veg Tray Bake

Free-range chicken chops roasted on one tray with filling veggies served with a pickled jalapeño honey dressing. One dish to clean, no fuss deliciousness!

 40 minutes

 2 servings

 Chicken

18 August 2023

Spice it down!

To spice down the jalapeño dressing, remove the seeds from the chilli, use less or remove it altogether. Slice and serve the chilli separately for those who do enjoy the heat!

Per serve: **PROTEIN** 48g **TOTAL FAT** 38g **CARBOHYDRATES** 25g

FROM YOUR BOX

CAULIFLOWER	1/2
YELLOW CAPSICUM	1
RED ONION	1
CHICKEN CHOPS	500g
JALAPENO	1
HONEY SHOT	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, cumin seeds, ground coriander

KEY UTENSILS

oven tray

NOTES

If you want to bulk up this dish, add any extra veggies you like in step 1. Potato, sweet potato, zucchini, pumpkin and broccoli would all make a great addition.

Slashing the chicken chops will help the flavours and heat penetrate the chicken. This means more flavour and faster cooking time!



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Cut cauliflower into florets. Slice capsicum and wedge onion (see notes). Toss on a lined oven tray with **oil, 3 tsp coriander, salt and pepper**.



2. ROAST THE CHICKEN & VEG

Slash chicken chops in 2-4 places (see notes). Toss with **oil, 2 tsp cumin seeds, salt and pepper**. Place on top of vegetables and roast for 25-30 minutes until chicken is cooked through.



3. MAKE JALAPEÑO DRESSING

Thinly slice jalapeño (see cover for notes). Add to a bowl with **1 tbsp vinegar**. Leave to sit for 5 minutes. Add honey shot to pickled jalapeño with **1/2 tbsp water, salt and pepper**. Mix to combine.



4. FINISH AND SERVE

Serve tray bake tableside with jalapeño dressing. Drizzle dressing over as desired.



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