




### 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

 4 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** 46g **TOTAL FAT** 38g **CARBOHYDRATES** 16g

## FROM YOUR BOX

CAULIFLOWER	1
YELLOW CAPSICUM	1
RED ONION	1
CHICKEN CHOPS	1kg
JALAPENO	1
HONEY SHOTS	2

## 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, 1 tbsp coriander, salt and pepper**.



### 2. ROAST THE CHICKEN & VEG

Slash chicken chops in 2-4 places (see notes). Toss with **oil, 1 tbsp 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 **2 tbsp vinegar**. Leave to sit for 5 minutes. Add honey shots to pickled jalapeño with **1 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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