



Product Spotlight: Spinach

Spinach shrinks down heaps when you cook it – which means you can sneak in a whole bunch without even noticing. In this meal, it gets stirred through sour cream to make a creamy, dreamy side!



Roast Chicken Tray Bake

with Creamed Spinach

Chicken breast roasted with juicy cherry tomatoes and sweet red onion, served with golden crushed potatoes and a swirl of creamy spinach.

Switch it up!

Make a potato bake with the potatoes, sour cream and spinach. Thickly slice potatoes and boil until tender. Mix with sour cream and spinach and season with salt and pepper. Add to an oven dish and bake.



35 minutes



4/6 servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	57g	16g/20g	34g

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	800g	1.2kg
RED ONION	1	1
CHERRY TOMATOES	2 x 200g	3 x 200g
CHICKEN BREAST (SKIN ON)	600g	600g + 300g
ENGLISH SPINACH	1 bunch	2 bunches
GARLIC CLOVE	1	2
SOUR CREAM	1 tub	2 tubs

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

2 oven trays, saucepan, kettle (optional)

NOTES

Halve any larger baby potatoes to speed up cooking time.

English spinach can hide sand. Trim ends and soak in a sink of cold water for a few minutes (the sand will sink), then rinse and dry well.



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1. BOIL THE POTATOES

Boil the kettle and set oven to 220°C.

Add **potatoes** (see notes) to a saucepan. Cover with hot water from kettle. Cover with a lid and bring to a boil. Cook for 10–15 minutes until **potatoes** are fork-tender.



4. MAKE CREAMED SPINACH

Rinse and chop **spinach** (see notes).

Heat the reserved saucepan with **oil** over medium heat. Sauté **crushed garlic** and **1–2 tsp thyme** for 1 minute until fragrant. Add **spinach** and cook, covered, for 1–2 minutes to wilt. Remove from heat, stir in **sour cream** and season to taste.



2. ROAST THE CHICKEN

Wedge **red onion** and add to a lined oven tray with **cherry tomatoes**. Slash **chicken** in 3–4 places, coat with **2–3 tsp thyme** and place on top. Toss everything with **oil**, **salt and pepper**. Roast for 25–30 minutes until **chicken** is cooked through.



5. FINISH AND SERVE

Slice **roast chicken**.

Serve **roasted vegetables** and **chicken** tableside with **creamed spinach**.



3. CRUSH & ROAST POTATOES

Drain **potatoes** (reserve saucepan for step 4). Add **potatoes** to a second oven tray. Use a spatula or the bottom of a glass to crush **potatoes**. Drizzle over **oil** and season with **salt**. Roast for 15–20 minutes until golden and crispy.

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