



Iberian Baked Chicken and Chorizo

with chickpeas and cherry tomatoes

Family 30-35 mins • Mum loves

4



Chorizo



Diced Chicken Breast



Italian Herbs



Lemon



Garlic



Baguette



Chickpeas



Cherry Tomatoes

Pantry Items: Oil, Salt, Pepper

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Oven Dish, Sieve

Ingredients

	2P	4P
Chorizo	100 g	200 g
Diced Chicken Breast	260 g	520 g
Italian Herbs	½ sachet	1 sachet
Lemon	1 unit	2 units
Garlic	2 units	4 units
Baguette	2 units	4 units
Chickpeas	1 pack	2 packs
Cherry Tomatoes	250 g	500 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	681 g	100 g
Energy (kJ/kcal)	3684.8 kJ/ 880.7 kcal	541.1 kJ/ 129.3 kcal
Fat (g)	22.8 g	3.3 g
Sat. Fat (g)	7.2 g	1.1 g
Carbohydrate (g)	95.3 g	14 g
Sugars (g)	10.2 g	1.5 g
Protein (g)	63.5 g	9.3 g
Salt (g)	3.9 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.

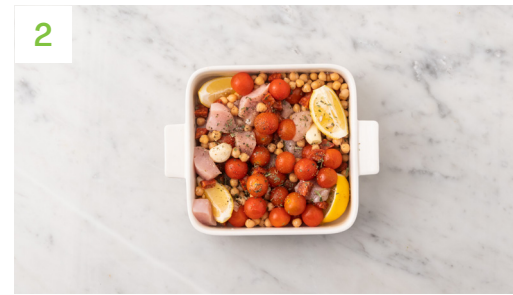


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Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Peel the **garlic**.
- Cut the **lemon** into thick wedges.
- Drain and rinse the **chickpeas**.



Assemble the Traybake

- Add the **chicken** to an ovenproof dish.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.
- Scatter over the **tomatoes, garlic** cloves, **lemon** wedges, **chickpeas, chorizo** and **half** the dried **Italian herbs** (double for 4p).
- Drizzle with **oil**. Season with a pinch of **salt** and **pepper**. Toss together.
- Roast until browned and cooked through, 20-25 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Warm the Bread

- With 10 mins of cooking time left, pop the **baguette** into the oven to warm through, 8-10 mins.



Serve and Enjoy

- Serve up spoonfuls of hearty baked **chicken, chorizo** and veg.
- Pour over any juices from the oven dish.
- Tear off chunks of warm **baguette** for mopping up the sauce.

Enjoy!