



SWEET CHILLI CHICKEN TENDERLOINS TRAY BAKE

4 SERVES | 60 MINS

WHAT YOU NEED INGREDIENTS

- 2 medium sweet potatoes (700g), scrubbed
- 1 small red onion, cut into wedges
- 1 large red capsicum, coarsely chopped
- ¼ cup olive oil
- Salt and pepper, to taste
- 2 zucchini, coarsely chopped
- 250g punnet truss cherry tomatoes
- 2 x 350g boxes frozen Ingham's Free Range Sweet Chilli Chicken Tenders
- 100g soft feta, crumbled
- Serve with lemon wedges and dressed salad leaves.



HOW TO COOK IN A FEW SIMPLE STEPS

1. Preheat the oven to 200C (fan-forced).
2. Cut sweet potatoes into 2cm thick rounds. Place in a greased roasting pan with onion and capsicum. Drizzle with half the oil and season with salt and pepper. Toss to coat.
3. Cook, on lower shelf in oven for 15 minutes. Add zucchini, drizzle with remaining oil and cook for a further 20 minutes. Scatter with tomatoes, then cook for a further 5 minutes, or until vegetables are tender. Remove.
4. Meanwhile, place Sweet Chilli Chicken Tenders on a separate oven tray lined with baking paper.
5. Cook, on upper shelf in same oven for about 20 to 25 minutes, turning halfway, or until golden and crisp. Remove.
6. To serve, arrange tenders over vegetables. Sprinkle with feta. Serve with lemon wedges.

TIPS

- Sweet potato can be replaced with baby chats or thick wedges of kent pumpkin, if desired.



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