



Spanish Chicken & Padron Pepper Traybake

The Spanish dishes include different spices, fruits, nuts, rice, and new ways of cooking meat and fish as the Spanish cuisine was influenced by many different cultures from the Romans, the Carthaginians, and the Moors.

We bring you these flavors with a delicious and easy-to-prepare meal with Padrón peppers, a classic and traditional ingredient in Spanish cuisine.

Ingredients

- Chicken Fillet Whole
- Padron Peppers
- Chickpea Can
- Cherry Tomatoes
- Harissa Spice Mix

Your Pantry

- Olive Oil / Rapeseed oil

Nutritional Info

Calories: 363.5 kcal
Carbohydrates: 33 g
Protein: 8.5 g
Fat: 39.5 g

Allergens


None

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Pre-heat the Oven

Turn the oven on to 180°C.

2) Prepare the Chickpeas

Drain and rinse the chickpeas. Then in a bowl, add about 1 tablespoon of olive oil per person to the chickpeas. Sprinkle in the harissa spice mix and toss everything together.

3) Put on the Traybake

Put the chicken, cherry tomatoes and p adron peppers in a roasting tray and season everything with salt & pepper. The p adron peppers can be kept whole, there's no need to slice them. Add the flavoured chickpeas and drizzle with olive oil. Cook in the oven for 20 – 25 minutes until the chicken is cooked through and the vegetables are nicely charred.

4) Serve the dish

Plate the dish and enjoy this quick and simple dish packed full of Spanish inspired flavours.



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