

Chicken and Chorizo Traybake

Ingredients

- 1kg chicken pieces on the bone
- 175g pack chorizo cooking meatballs, halved
- 1 red pepper, sliced
- 2 red onions, cut into wedges
- 2 sweet potatoes, scrubbed and cut into wedges
- 10g fresh thyme leaves, plus extra sprigs
- 2 tbsp olive oil
- 500g bag spinach
- 1 tbsp honey



Method

1. Preheat the oven to gas 7, 220°C, fan 200°C.
2. Put the chicken pieces, chorizo, pepper, onions, sweet potatoes and thyme in a roasting tin. Add the oil and some seasoning and toss well.
3. Roast for 45 mins, turning the chicken once.
4. Wilt the spinach for 3-4 mins in a covered pan.
5. Add to the tin with the honey and mix.
6. Roast for 10 mins until the chicken is cooked through.
7. Serve the traybake with the pan juices poured over.

Notes

Nutrition: per serving

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
695	40g	11g	32.2g	15g	9.1g	53.6g	2.8g