



Soifua Maloloina Tray-bake Chicken

Method

1. Preheat oven to 180°C.
2. Place chicken and chopped vegetables in a large baking dish.
3. Add the oil, garlic and herbs and mix to coat all the chicken and vegetables.
4. Combine the stock powder and water and pour into the dish. Place in oven and bake for 1 hour.
5. Serve each plate with chicken, roast vegies and some steamed greens.

Recipe Information

Number of Serves: 8

Preparation Time: 10mins

Cooking Time: 1 hour

Ingredients

700g chicken thigh fillets
4-5 medium potatoes, cut in half or quarters
1 medium sweet potato, peeled & cut into chunks
4 tomatoes, cut into quarters
1 brown onion, chopped
1 tbs olive or canola oil
1-2 garlic cloves, crushed
2 teas dried mixed herbs
½ tsp powdered chicken stock
½ cup water



Soifua Maloloina tips:

- You can use taro, pumpkin, zucchini or capsicum – try different vegie combinations.
- Remember to serve some extra vegies on the side – fresh, frozen or canned.
- Use skinless, boneless chicken thighs, or a whole roast chicken but go easy on the skin!
- It will cost you about \$22 to buy all of the ingredients to make enough to feed 8 people (if you already have oil in the pantry) which is less than \$3.00 per person.

