



ORIGINAL CHICKEN TENDERLOINS TRAY BAKE

4 SERVES | 60 MINS

WHAT YOU NEED INGREDIENTS

- 2 medium kumara (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 courgette, coarsely chopped
- 250g punnet truss cherry tomatoes
- 2 x 400g boxes of frozen Ingham's Original Chicken Tenders
- 100g soft feta, crumbled
- Serve with lemon wedges and dressed salad leaves
- Sweet chilli dipping sauce

HOW TO COOK IN A FEW SIMPLE STEPS

1. Preheat the oven to 200C (fan-forced).
2. Cut kumara 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 courgette, 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 Original 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. Pour over sweet chilli sauce and crumble over the feta. Serve with lemon wedges.

TIPS

- Kumara can be replaced with baby potatoes or thick wedges of kent pumpkin, if desired.



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