

**OVERALL time: 40 mins**

## CHIPOTLE TRAY BAKE

Welcome to a delightful culinary adventure with our Chipotle Tray Bake! This one-pan wonder is the epitome of convenience and flavor, combining the smoky heat of chipotle with tender, roasted vegetables and chickpeas. Ideal for busy weeknights or laid-back weekends, this tray bake is as effortless as it is delicious. Simply season, bake, and enjoy a hearty, satisfying meal with minimal cleanup. Dive into this recipe and discover how easy it is to create a flavorful, chipotle-infused dish that will become a staple in your kitchen.

Metric

**Number of servings : 4**

### ingredients

#### Main

- 6 Chicken thighs
- 400 g Tin of chickpeas, rinsed & drained
- 1 Red bell pepper, diced
- 1 Red onion, cut into eighths
- 4 Baby marrows, sliced
- 6 Baby sweet potatoes, sliced in half
- 200 g Tenderstem broccoli or cauliflower
- 70 g Pitted green olives

#### To Taste

- **Cape Herb and Spice Chipotle chilli**

#### For cooking

- Olive oil

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 10 mins | COOKING TIME: 30 mins**

Preheat oven to 200°C with the fan on.

Place chicken thighs on a large baking tray or in a roasting dish.

Surround with all the vegetables and scatter with the chickpeas.

Drizzle everything with olive oil.

Season with Cape Herb & Spice Chipotle Chilli Seasoning.

Toss to coat.

Transfer tray to the oven and bake for 30 minutes until the chicken and veg are cooked through and golden brown.

Remove from the oven and scatter with fresh parsley.

Serve warm and enjoy!

## Top Tip

*You can use a variety of mixed seasonal vegetables for a tray bake or substitute the chickpeas for canned beans. Just be mindful of cutting your vegetables into the right size so that they cook at the same rate.*

*E.g. things that take longer to cook like potatoes - cut smaller, and things that cook quickly like marrows - leave larger. If your chicken thighs are particularly large - start them off in the oven first before you add the vegetables so you end up with everything ready at the same time.*

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>

Metric

## ingredients

### Main

- 6 Chicken thighs
- 400 g Tin of chickpeas, rinsed & drained
- 1 Red bell pepper, diced
- 1 Red onion, cut into eighths
- 4 Baby marrows, sliced
- 6 Baby sweet potatoes, sliced in half
- 200 g Tenderstem broccoli or cauliflower
- 70 g Pitted green olives

### To Taste

- **Cape Herb and Spice Chipotle chilli**

## For cooking

- Olive oil

**Number of servings : 4**

## **THIS IS WHAT YOU WILL NEED TO DO**

**PREP TIME: 10 mins | COOKING TIME: 30 mins**

Preheat oven to 200°C with the fan on.

Place chicken thighs on a large baking tray or in a roasting dish.

Surround with all the vegetables and scatter with the chickpeas.

Drizzle everything with olive oil.

Season with Cape Herb & Spice Chipotle Chilli Seasoning.

Toss to coat.

Transfer tray to the oven and bake for 30 minutes until the chicken and veg are cooked through and golden brown.

Remove from the oven and scatter with fresh parsley.

Serve warm and enjoy!

### **Top Tip**

*You can use a variety of mixed seasonal vegetables for a tray bake or substitute the chickpeas for canned beans. Just be mindful of cutting your vegetables into the right size so that they cook at the same rate.*

*E.g. things that take longer to cook like potatoes - cut smaller, and things that cook quickly like marrows - leave larger. If your chicken thighs are particularly large - start them off in the oven first before you add the vegetables so you end up with everything ready at the same time.*

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>