

# WELLNESS SPANISH CHICKEN BAKE



## SAVEUR PRODUCT USED

SPANISH PAELLA SPICE, SEASONED SALT, NUTMEG BLEND BAKING SPICE

**MAKE, TAKE & FREEZE**

— with —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**Chicken thigh cutlets (skin on/bone in)**

**2 tsp. *Saveur Spanish Paella Spice***

**1 tsp. *Saveur Seasoned Salt***

**1 lb./ 500g baby potatoes, halved**

**1 red onion, cut into wedges**

**½ tsp. *Saveur Nutmeg Blend Baking Spice***

**½ tsp. *Saveur Seasoned Salt***

## PREPARATION INGREDIENTS

**1 red pepper seeded and coarsely chopped**

**1 zucchini, halved lengthways and thickly sliced diagonally**

**½ cup Kalamata olives**

**½ cup chicken stock**

**1 tbsp. ghee/olive oil**

## METHOD

BAG 1 - Mix together Spanish Paella Spice and Seasoned Salt. Rub on chicken thighs. Place into zip-top bag.

BAG 2 - Mix together in bag the potatoes, & red onion with nutmeg and 1/2 tsp. Seasoned salt until well covered. Seal

Add bag 1 & 2 inside a large ziplock bag. Remove excess air to prevent freezer burn. Label, date and place into freezer until ready to use.

## COOKING INSTRUCTIONS

Preheat oven to 390°F/200°C.

Heat a large frying pan over medium heat. Cook chicken for 2 minutes on each side or until golden brown. Transfer to a baking dish. Add the potatoes to the pan and cook, tossing for 5 minutes or until lightly golden.

Arrange the potatoes, onions, peppers, zucchini and olives around the chicken in the dish. Pour the stock around the chicken.

Bake for 35-40 minutes or until chicken is cooked through and vegetables are tender.

