

Recipes

Air Fryer Chicken & Veggie Tray Bake

Serves: 4

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients:

- 4 Chicken thighs
- 2 Carrots (medium)
- 1 Red pepper
- 1 Courgette
- 1 Red onion
- 1 Sweet potato
- 1 tbsp Olive oil
- 1 tsp Garlic powder
- 1 tsp Smoked paprika
- 1 tsp Salt & pepper
- 400g Long grain rice



Method:

Chop all the vegetables and chicken into even pieces. Let the kids wash and help chop the softer veg with supervision. In a large bowl, toss everything together with olive oil, garlic powder, smoked paprika, salt and pepper - hands-on mixing encouraged! Load the mixture into your air fryer baskets (you may need to split into two batches). Set the air fryer to 180°C and cook for 20 minutes, shaking halfway through. Ensure the chicken is cooked through (75°C internal temp) and the veg is soft with crispy edges. Cook the rice in a saucepan for 15 minutes until tender, then drain.

Finishing Touches

Sprinkle grated cheese over the hot chicken and veg mix once cooked and let it melt before serving over a bed of rice

Tips:

- This is a great way to clear out your veg drawer.
- Kids love helping prep and mix - just mind the spice levels.
- Works well with boneless chicken breasts or veggie sausages too.