

HONEY GARLIC CHICKEN TRAY BAKE



Prep Time	Cook Time	Total Time	Servings
20	30	50	6



Ingredients:

- 4 tablespoon olive oil
- 3 tablespoon honey
- 3 cloves garlic
- 1 tablespoon soy sauce, low sodium
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper, ground
- 500g chicken breast
- 4 medium potatoes
- 300g green beans

Instructions

1. Preheat oven to 200 degrees C. Lightly oil a baking sheet, or cover with aluminium foil.
2. In a small bowl, whisk together 3 tablespoons olive oil, honey, garlic and soy sauce. Season with salt and pepper to taste. Combine the olive oil mixture and chicken breasts in a bowl and mix to ensure that the chicken is coated well and then let marinate while washing and cutting the potatoes into wedges.
3. Place potatoes in a single layer onto the prepared baking sheet. Drizzle with 1 table spoon olive oil and season with salt and pepper. Top with the chicken in a single layer and pour the rest of the marinade mixture over the chicken breasts.
4. Put in the preheated oven and roast until the chicken is completely cooked through (internal temperature of 75 degrees C), about 25-30 minutes. Stir in the green beans during the last 10 minutes of cooking time. Then broil on high for 2-3 minutes, or until chicken is caramelized and veggies are slightly charred.

Calories	Carbohydrates	Protein	Fat	Saturated Fat	Cholesterol	Salt	Sugar
474kcal	51g	31g	17g	3g	83mg	408mg	18g