KIKKOMAN

Honey Soy Chicken Legs

Total time **140 mins** **100 mins** preparation time **40 mins** marinating time

Nutritional facts (per portion):
1,902 kJ / 454 kcal

Fat: **21.5 g** Protein: **32.3 g**
Carbohydrates: **31.2 g**

INGREDIENTS

4 portion(s)

For the marinade:

10 tbsp	Kikkoman Naturally Brewed Soy Sauce
5 tbsp	honey
1 tbsp	balsamic vinegar
2 tsp	garlic powder
2 tsp	ginger, ground
1 tbsp	olive oil
4	skin-on chicken legs

For the side dish:

400 g	small potatoes
4	cloves of garlic
12	cherry tomatoes (approx.120g)
100 g	green beans
1 tbsp	olive oil
	salt, freshly ground pepper

PREPARATION

Step 1

Mix the ingredients for the marinade well in a bowl.

Step 2

Place the chicken legs in a large pot of boiling water, blanch for about 10 seconds, rinse with cold water and pat dry.

Step 3

Pierce the chicken legs with a fork on both sides everywhere but avoid piercing into the bone parts of the meat. Place the chicken legs in the bowl with the marinade and massage the marinade well into the meat. Cover the meat with cling film and marinate for 40-50 minutes.

Step 4

Preheat the oven to 200°C top/bottom heat (180°C convection oven). Place the chicken legs on an oven tray with the skin side down (keep the remaining marinade aside).

Step 5

Spread the potatoes and garlic around the chicken legs and cook in the preheated oven for 15-20 minutes.

Step 6

Take the oven tray out of the oven and turn over

the chicken legs once. Wash the tomatoes and distribute between the potatoes.

Step 7

Brush the chicken legs with some remaining marinade and sprinkle the potatoes and tomatoes with the remaining marinade.

Step 8

Raise the oven temperature to 230°C and cook for another 12-15 minutes (depending on the size of the chicken legs, extend the cooking time).

Step 9

Wash the beans, cut off the ends, sauté them in a pan in hot oil for 2-3 minutes and lightly season with salt and pepper.

Step 10

Remove the oven tray from the oven and garnish with the beans. Sprinkle the chicken legs with the roasting juices from the oven tray and serve everything.