

Soy-glazed chicken and veg bake

Total time **30 mins** 10 mins preparation time 20 mins cooking time

Nutritional facts (per portion):
2,135 kJ / 510 kcal

Fat: **18 g** Protein: **38 g**
Carbohydrates: **40 g**

INGREDIENTS

2 portion(s)

2 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
1 tbsp	honey
2 tbsp	vegetable oil
1.5 tsp	grated ginger
1 tbsp	lemon juice
400 g	chicken breast fillet
1	carrot
0.5	broccoli head
1	red pepper
1	onion

PREPARATION

Step 1

2 tbsp Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** honey - **1 tbsp** vegetable oil - **1.5 tsp** grated ginger - **1 tbsp** lemon juice - **400 g** chicken breast fillet

Mix the Kikkoman Soy Sauce, honey, grated ginger, vegetable oil and lemon juice in a small bowl. Rub the chicken with the marinade and place it in an ovenproof dish.

Step 2

1 carrot - **0.5** broccoli head - **1** red pepper - **1** onion - **1 tbsp** vegetable oil

Slice the carrot and onion, divide the broccoli into florets and cut the deseeded red pepper into 8 pieces. Toss the vegetables with the remaining vegetable oil and add to the dish with the chicken. Roast for 20–30 minutes at 180°C.