KIKKOMAN

# Sticky Teriyaki Chicken Traybake

Total time **70 mins** **10 mins** preparation time **60 mins** cooking time

Nutritional facts (per portion):
**2,133 kJ / 508 kcal**

Fat: **23 g** Protein: **29.6 g**
Carbohydrates: **45.9 g**

## INGREDIENTS

**4 portion(s)**

| | |
|---|---|
| **4** | large skin-on chicken thighs |
| **3** | medium sweet potatoes, peeled and cut into 3cm chunks |
| **100 ml** | Kikkoman Teriyaki Marinade |
| **2 tbsp** | rapeseed oil |
| **2** | red onions, cut into wedges |
| **1** | red pepper, deseeded and sliced |
| **1** | yellow pepper, deseeded and sliced |
| **200 g** | tenderstem broccoli |

## PREPARATION

**Step 1**

Preheat the oven to 220°C/200°C fan/gas mark 7. In a wide roasting tray, coat the chicken thighs and sweet potatoes with the teriyaki marinade and oil. Roast for 30 minutes.

**Step 2**

After 30 minutes, add the red onion and sliced peppers and stir everything to ensure these are coated in the sauce. Return to the oven for 15-20 minutes, then add the tenderstem broccoli and cook for a further 10-12 minutes until they are just cooked. Serve.