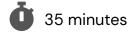




# Sticky Chicken Tray Bake

Chicken drumsticks roasted with a honey balsamic marinade, along with roast tomatoes and onion, finished with peppery watercress.







Spice it up!

Add fresh herbs to the tray bake such as thyme, sage, oregano or rosemary. Whole garlic cloves are also really nice roasted in this dish!

TOTAL FAT CARBOHYDRATES

28g

#### FROM YOUR BOX

RED ONION	1/2 *
TOMATOES	2
RED CAPSICUM	1
YELLOW CAPSICUM	1
CHICKEN DRUMSTICKS	8 pack
CANNELLINI BEANS	400g
HONEY SHOT	1
WATERCRESS	1 sleeve
LABANNEH CHEESE	1/2 tub *

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

olive oil, salt and pepper, balsamic vinegar, smoked paprika

#### **KEY UTENSILS**

large oven dish

#### **NOTES**

Slashing the chicken will allow more marinade to coat the drumsticks, as well as speed up the cooking time.



### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Wedge onion, quarter the tomatoes and chop capsicums. Add to a lined oven dish.



## 2. ADD CHICKEN & BEANS

Slash the chicken drumsticks to the bone (see notes) and add to oven dish along with drained beans.



## 3. DRESS THE TRAYBAKE

Combine honey, 2 tsp smoked paprika, 2 tbsp balsamic vinegar and 2 tbsp olive oil. Toss through chicken and vegetables until well coated. Season with salt and pepper. Bake in oven for 25–30 minutes until chicken is cooked through.



# 4. PREPARE WATERCRESS

Trim watercress. Lightly drizzle with balsamic vinegar and olive oil. Set aside.



# 5. FINISH AND PLATE

Divide chicken and vegetables among shallow bowls. Garnish with watercress and spoon over labanneh cheese.



