

Sticky Roast Chicken Thighs with Lentil Ragout

Total time **60 mins** 60 mins preparation time

Nutritional facts (per portion):
3152 kJ / 751 kcal

Fat: **31.3 g** Protein: **51.7 g**
Carbohydrates: **52.9 g**

INGREDIENTS

4 portion(s)

For the chicken

4 chicken thighs
2 onions
200 ml dry white wine
6 tbsp Kikkoman Naturally
Brewed Soy Sauce
2 bay leaves
2 tbsp rapeseed oil
1 tsp ground paprika
1 tbsp honey

For the lentil ragout

200 g brown lentils
3 tbsp rapeseed oil
500 ml stock
5 tbsp Kikkoman Naturally
Brewed Soy Sauce
150 g potatoes, peeled
100 g diced bacon
200 g sweet potatoes, peeled
150 g green beans, fresh
1 rosemary sprig
1 garlic clove

PREPARATION

Step 1

Rinse the lentils and soak in cold water. Rinse and dry the rosemary.

Step 2

Peel the potatoes and sweet potatoes and portion into hazelnut-sized pieces. Rinse and dry the beans and cut them into pieces approx. 2 cm long.

Step 3

Peel and finely chop the garlic. Pick the rosemary and chop finely.

Step 4

Sauté the bacon in a pan with 3 tbsp rapeseed oil. Drain the soaked lentils and add to the bacon. Add the potatoes, sweet potatoes, rosemary, garlic and beans. Add the vegetable stock and 5 tbsp Kikkoman soy sauce and simmer on a low heat for approx. 20 minutes. Then remove from the heat.

Step 5

Preheat the oven to 200 °C.

Step 6

Meanwhile, mix 2 tbsp rapeseed oil with 4 tbsp Kikkoman soy sauce, paprika, and honey. Peel the onions and cut them in half. Marinate the chicken thighs and onions with the soy and paprika

marinade and place them in a roasting tray in the oven.

Step 7

Roast the chicken thighs in the oven for approx. 5 minutes, then pour in the white wine and 2 tbsp Kikkoman soy sauce and add 2 bay leaves.

Step 8

Cover the roasting tin and roast on the middle shelf for approx. 15 minutes. Uncover the roasting tin and leave the chicken thighs to colour for another 15 minutes. Serve with the lentil ragout.