

Sweet soy roast chicken with Provençal herbs

Total time **100 mins** 20 mins preparation time 50 mins cooking time 30 mins marinating time

Nutritional facts (per portion):
2,750 kJ / 650 kcal

Fat: **25 g** Protein: **60 g**
Carbohydrates: **45 g**

INGREDIENTS

2 portion(s)

- 4** chicken leg quarters,
with bones (about 1.5-2
kg)
- 4 tbsp** Kikkoman Sauce for Rice
- sweet
- 2 tbsp** Provençal herbs
- 3** garlic cloves, chopped
- 600 g** potatoes, peeled and cut
into smaller pieces
- 2** carrots, peeled and cut
into slices
- 1** courgette, cut into slices
- 1** red pepper, cut into
strips
- 1 tbsp** olive oil
Salt and pepper

PREPARATION

Step 1

4 chicken leg quarters, with bones (about 1.5-2 kg) - **4 tbsp** Kikkoman Sauce for Rice - sweet - **2 tbsp** Provençal herbs - **3** garlic cloves, chopped - Freshly ground pepper to taste

In a large bowl, mix the Kikkoman Sauce for Rice, Provençal herbs, chopped garlic and pepper. Add the chicken legs and turn until evenly coated. Cover and leave to marinate for about 30 minutes.

Step 2

600 g potatoes, peeled and cut into smaller pieces - **2** carrots, peeled and cut into slices - **1** courgette, cut into slices - **1** red pepper, cut into strips - **1 tbsp** olive oil - Salt and pepper

Toss the potatoes, carrots, courgette and peppers in a little olive oil, salt and pepper in a bowl. Spread on a baking tray. Arrange the marinated chicken on top and pour over the remaining marinade.

Step 3

Bake in a preheated oven at 190°C for 45-50 minutes, until the chicken is fully cooked and the vegetables are soft and lightly browned. Serve warm.