

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	<u>Kikkoman Teriyaki Marinade</u>
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.