

# STICKY ONE PAN CHICKEN BAKE

RECIPE BY ANDY BURSEY



GLUTEN FREE



LACTOSE FREE

DIFFICULTY: EASY

TIME: 50 MINUTES

SERVES: 4

A one-pan wonder, this sticky chicken recipe is packed with good-for-you ingredients. This recipe maximises on flavour and doesn't compromise on health benefits. Feel free to add more veggies!

## METHOD

Preheat the oven to 180 degrees. Heat olive oil in a pot over medium heat. Sauté onion, picante peppers, and chicken pieces until lightly browned and transfer to a casserole dish. Mix sauce by combining soy sauce, orange juice, honey, salt, pepper, and chicken broth in a bowl. Pour over. Add fresh rosemary, and chopped baby marrows. Toss together and bake for 40 minutes. Serve with brown rice or wholewheat couscous.

## INGREDIENTS

- 1 tbsp sesame oil
- 2 onions, diced
- 4-6 chicken breasts or thighs
- 2 sliced picante or bell peppers
- 4 tbsp soy sauce
- 1 cup chicken broth
- 2 tbsp honey
- ¼ cup orange juice
- 3 sprigs rosemary
- 2 cups of chopped baby marrows