






Honey Mustard Chicken Tray

 TOTAL TIME: 60 mins
 LEVEL: easy
 YIELD: 4 servings

Save time on washing up with this scrumptious one tray, honey mustard chicken and vegetable roast. Cooked and ready to serve in an hour.

Ingredients

Marinade

1 Tbsp honey
1 Tbsp wholegrain mustard
2 garlic cloves
1 lemon

Roast

500 g chicken thighs
500 g potatoes
2 red capsicums
4 tomatoes
2 Tbsp oil
1 tsp salt
½ tsp pepper

Minty Peas

500 g peas
20 g butter
¼ C mint finely chopped

Directions

1. Heat oven to 180°C, fan bake.
2. In a small bowl, mix together the honey, mustard, garlic and the lemon zest and juice.
3. Place the chicken, skin-side up in a large baking tray and pour over the marinade. Spread the potatoes, capsicums and tomatoes in the gaps and drizzle with oil. Season with salt and pepper and roast 35 minutes or until the chicken cooked and skin is crisp.
4. Meanwhile, cook peas according to packet instructions. drain well and mix with butter and mint. Serve alongside roasted vege and honey mustard chicken.