



# Honey Soy Chicken Bake

## *Ingredients:*

8 chicken drumsticks or chicken thighs

2 large sweet potatoes

Olive oil or cooking oil

3 tbsp soy sauce

3 tbsp honey

1 tbsp wholegrain mustard

Salt and pepper

## *Method:*

Pre heat your oven to 180C.

Peel the sweet potato and cut into bite sized pieces.

Place the chicken drumsticks/thighs in a large dish – you don't want the ingredients piled high, it needs to be in one layer if possible.

Add the sweet potato pieces to the dish.

Season well with salt and pepper, and drizzle lightly with olive oil.

Add soy sauce, honey and wholegrain mustard to the baking dish.

Mix together well to ensure the potato and chicken are all covered in the spice/oil mix.

Place the baking dish into your pre heated oven.

Bake at 180 for 30 minutes, or until the chicken is cooked through.



NOTE –

You can use any type of potato for this recipe – regular or new potatoes work well.

You can also add other vegetables to the dish - add the vegetables half way through cooking the chicken/potatoes.

Alternative/additional spices you can use would be garlic powder, chilli flakes, chilli powder or paprika - just add to the dish prior to cooking.

I would serve this with some nice green vegetables such as broccoli, asparagus or green beans.