



ROASTED BALSAMIC CHICKEN AND VEGETABLES

INGREDIENTS

- 6 tablespoons balsamic vinegar
- 60 ml lemon juice
- 1 teaspoon dried Italian herbs
- 60 ml olive oil
- 4 pieces of chicken on the bone, with skin
- 125 g cut French beans
- 125 g baby carrots
- 150 g cherry tomatoes
- ½ teaspoon garlic powder
- salt and ground black pepper

METHOD

1. Preheat the oven to 200°C. Grease a large baking tray with 1 tablespoon of the olive oil.
2. Whisk together the balsamic vinegar and Italian herbs.
3. Place chicken in a marinating dish or ziplock bag and add in the vinegar and herb mix. Leave in the fridge to marinate for 2 hours.
4. Place the beans, carrots and cherry tomatoes in a roasting dish.
5. Mix olive oil, lemon juice and garlic powder and pour over the vegetables.
6. Remove the chicken pieces from the marinade and place in the centre of the roasting dish with the vegetables and cook for 30 minutes or until the chicken is cooked through.
7. Serve hot straight from the oven and garnish with fresh thyme leaves.

Low in fat ✓

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PREP TIME 10min
COOK TIME 30min
TOTAL 40min
SERVES 4