Chicken Tray Bake

Calories: 189 kcal

Servings: 2

Time: 0 Mins

Ingredients

- 120.00 g Asparagus
- 100.00 g Brussel Sprouts
- 200.00 g Cauliflower
- 240.00 g Chicken Breast
- 0.25 tsp Chilli Flakes
- 1.00 tbsp Lemon Juice
- 0.50 tsp Lemon Zest
- 1.00 tbsp Olive Oil
- 2.00 g Salt and Pepper (to season)
- 0.50 tbsp Thyme leaves

Instructions

1. Preheat oven to 180ºC (350ºF).
2. In a medium bowl place the chicken, thyme, ½ the oil, lemon juice and zest, and chilli flakes. Toss coat, season with salt and pepper. Set aside to marinade for 20 minutes while the oven preheats you prep the vegetables.
3. Cut the brussel sprouts in half, break the cauliflower into florets, and trim stems from the asparagu
4. On a large lined baking tray, spread the chicken and vegetables, excluding asparagus. Drizzle wit olive oil and season with salt and pepper. Bake for 20 minutes.
5. Add the asparagus and bake for a further 10 minutes until chicken is fully cooked.
6. Serve chicken and baked vegetables with a squeeze of fresh lemon juice.