



No Nonsense Chicken

Servings: 3-4

Prep Time: 10min excl day marinade time

Cook Time: 45min

Ingredients

- 4 chicken breast fillets (+- 400g)
- 200 ml Lemon and Herb chicken marinade
- 600 g Vegetable Mix

Directions

1. In the morning before leaving for work, pour the marinade over the chicken pieces placed in a shallow dish (not plastic). Cover and refrigerate.
2. Pre-heat the oven to 200°C. Follow the on-pack instructions for preparing for roasting.
3. After 25 minutes roasting time, turn the vegetables, then nestle the chicken fillets and marinade in amongst them. Continue baking for 20 minutes.
4. Sprinkle fresh chopped dhanian on top and serve immediately.