



Miso chicken tray bake with white beans and sweet potato

GF*

Serves: 4

Preparation time: 15 mins | Cooking time: 25 mins

Ingredients

2 tbsp extra virgin olive oil (EVOO)

1 tbsp miso paste

2 tsp salt-reduced soy sauce

1 tbsp lemon juice

4 skinless chicken thigh fillets

500g sweet potato, peeled and cut
into 2x2cm cubes

1 x 400g can white beans, drained
and rinsed

¼ cup mint leaves

¼ cup parsley leaves

Lemon zest

Method

1. Preheat oven to 200°C and line a baking tray with baking paper.
2. Combine 1 tbsp EVOO, miso, soy sauce and lemon juice in a small mixing bowl. Set aside.
3. Lay chicken thighs in a single layer on the baking tray. Brush chicken with half of the miso mix. Toss the sweet potato cubes in 1 tbsp EVOO and scatter around the chicken. Bake for 10 minutes and remove from oven.
4. Brush remaining miso paste onto chicken thighs. Scatter beans around the chicken and sweet potato. Bake for a further 15 minutes, or until sweet potato is tender and chicken is cooked through.
5. Serve with mint, parsley and lemon zest scattered over the tray bake.

*Can be tweaked to be gluten free:

Ensure miso paste is gluten free and use tamari or gluten-free soy sauce instead of soy sauce.

Tip: Leftover baked chicken can be sliced and added to a sandwich made on probiotic-enriched bread or in a whole grain wrap with salad.