Sticky Honey Soy Chicken Noodle Tray Bake

EASY • 45 MINS

Tray bake honey soy chicken, does it get any better? This one-dish wonder is your mid-week hero. Simply add cooked noodles at the end to soak up the delicious sauce!



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	15 mins	30 mins	4

Ingredients

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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Chicken

- 8 chicken thighs, skin-on
- 2 bunches broccoli, quartered lengthways
- 2 bok choy quartered lengthways
- 1 red capsicum, sliced

Marinade

- 2 tbsp sesame oil
- 3 tbsp soy sauce
- 90g (¼ cup) Capilano Pure Honey
- 2 tbsp lime juice
- 2 garlic cloves crushed
- 2 tsp crushed ginger
- 1 tbsp Chinese five spice

To Serve

- Toasted cashews
- Dry egg noodles, boiled & drained

Method

1. In a large bowl, combine all marinade ingredients together. Add chicken to bowl, mix well and chill for at least 30 minutes.

2. Preheat oven to 200°C (fan-forced) and line 2 baking trays with baking paper. Place chicken on trays ensuring plenty of space between pieces. Cook for 15 minutes, then baste with marinade and place broccolini and boy choy on tray around chicken and drizzle with remaining marinade. Cook for a further 15 minutes until chicken is golden and cooked through.

3. When ready to serve, add drained, cooked noodles to the tray and mix into sauce to absorb. Top with cashews and serve.

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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