



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

Easy

PREP TIME

15 mins

COOKING TIME

30 mins

SERVINGS

4

Ingredients

Visit capilanothoney.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 bell pepper, sliced

Marinade

- 2 tbsp sesame oil
- 3 tbsp soy sauce
- 90g (¼ cup) **Capilano Organic Raw 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 bok 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



Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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