



Glazed Chicken & Veg

Cook Time: 30 Minutes

Juicy, natural boneless chicken and root vegetables seasoned and maple glazed.

Ingredients:

Chicken, Carrots, Radishes, Onion, Rosemary, Spices, Maple Syrup, Garlic, Ginger, Lemon

Things You May Need:

Large Baking Pan

Large Bowl

Sharp Knife

Cutting Board

Ingredients are subject to
availability

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Ingredients:

chicken breasts

radishes

carrots

1/2 onion

rosemary

maple syrup

3 garlic cloves

ginger

1 lemon

seasoning packet

Instructions:

1. Blend together the ginger, lemon juice, 1 tablespoon olive oil, and spice packet. Add chicken to a bag or bowl with blended ingredients and marinate while chopping the veggies (or as long as desired).
2. Preheat the oven to 475F. Wash and chop radishes, carrots and onion. Place in a large roasting pan or baking dish. Toss with 1 tablespoon of olive oil, crushed garlic and rosemary needles.
3. Add the chicken breasts to the same pan and nestle into the vegetables. Drizzle over maple syrup, and bake for 20 minutes or until chicken is thoroughly cooked (165F).
4. Serve maple chicken and vegetables on a plate. Enjoy!