

Chilli Chicken Tray Bake

Serves: 1
Prep time: 5 Minutes +
Marinating: 30 Minutes
Cooking time: 45 Minutes

Ingredients:

- 2-3 chicken pieces (150g)
- 1 cheek red capsicum, sliced
- 2 plums, deseeded and halved
- 1 green onion, sliced
- 3 slices red onion

Marinade:

- 1 tablespoon oyster sauce
- 1 tablespoon plum sauce
- 1 tablespoon sweet chilli sauce
- Splash soy sauce
- 1 teaspoon grated ginger
- ½ teaspoon grated garlic
- ½ birds-eye red chilli, sliced ***optional**
- ½ star anise
- pinch cinnamon

Garnish:

- Coriander leaves, chopped



*This Asian inspired tray bake has a sweet aromatic flavour that has you coming back for more. **Enjoy!***

Method:

Preheat oven 180°C

- Mix together the marinade ingredients, then add the chicken pieces. Rub each chicken piece with the marinade to coat well and refrigerate for 30 minutes.
- Add the chicken pieces and marinade to a small baking tray and arrange the onion and capsicum around it
- Bake in preheated oven for 25 minutes. Add the plums and cook a further 10-15 minutes
- Sprinkle with chopped coriander leaves
- **Serve and Enjoy**