

Honey & Soy Chicken Thighs with Broccoli



Serves 4 **Prep 10 mins**

Cooking 45 mins

Easy

Ingredients

3 tbsp soy sauce
3 tbsp honey
2 tbsp oil
8 skin-on chicken thighs
1 large head broccoli, cut into florets
1 tbsp sesame seeds
rice to serve (optional)

1. Heat oven to 200C/ 180C fan/ Gas 6. Mix the soy, honey, 1 tbsp of oil in a bowl. Pour over the chicken thighs and leave to marinate if you have the time, but don't worry if not - they will be delicious either way. Tip the chicken with all the marinade into a roasting tin, skin side up. Cook for 45 mins until sticky and the skin is crispy.
2. When the chicken has 15 mins left, start cooking the rice, following packet instructions, and heat the remaining oil in a frying pan. Add the broccoli, along with splash of water. Cover and cook for 10 mins until tender, then take the lid off, tip the sesame seeds into the pan and give everything a good toss around. Season. Serve with the chicken, and all the caramelised bits from the bottom of the tin.