

Sticky Citrus Chicken with Carrots



Serves 4 **Prep 15 mins**

Cooking 1hr

Easy

Ingredients

8 chicken thighs
300-400g baby carrots
2 onions, cut to thick round slices
1 tbsp sunflower oil
50g roasted cashews (optional)
some parsley leaves

For the glaze

100g clear honey
zest of 1 lime, plus 4 tbsp juice (± 2 limes)
zest 1/2 orange, plus 2 tbsp juice
1 tbsp rice vinegar
1 tbsp tomato puree
1 tbsp honey

Boiled rice to serve

1. Heat the oven to 200C/ Fan 180C/ Gas 6. Toss the chicken thighs, carrots, onions and oil in a big shallow roasting tin with some seasoning. Roast for 30 mins.
2. Meanwhile, whisk together the glaze ingredients. If the onions are beginning to char, transfer to a casserole dish, drizzle all over the chicken and veg, then bake for another 15 mins.
3. Scatter over the cashews if using, mix everything together well, then roast for a further 15 mins until the chicken is browned, tender and sticky, scatter over some parsley and serve with the boiled rice.