

# Miso and Honey Chicken with Broccolini

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www.easyreadrecipes.com

chopping board & knife  
large oven dish  
medium mixing bowl  
measuring cups & spoons  
fine grater  
garlic crusher  
metal whisk

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1. **Preheat** oven to 200°C (400°F) fan-forced.

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2. **Arrange** in the bottom of the oven dish

8 **chicken thigh fillets**, cut in half  
1 bunch **broccolini** (12 stems)

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3. In the mixing bowl **whisk** together

¼ cup **organic white miso paste**  
¼ cup **raw honey**  
¼ cup **organic tamari**  
¼ cup **apple cider vinegar**  
1 TBS **coconut or sesame oil**  
1 TBS grated **fresh ginger**  
4 cloves **fresh garlic**, crushed

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4. **Pour** the mixture over the chicken and broccolini.

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5. **Bake** for 25 minutes until the chicken is cooked through.

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6. **Garnish** with

sprinkle of **sesame seeds** (optional)

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7. **Serve** with

cooked **quinoa or brown rice**

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