

黒糖-Soy Glazed Chicken with Autumn Vegetables

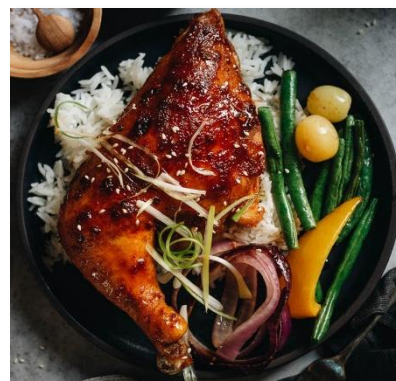
2 servings

Ingredients

- Chicken thighs or breasts, trimmed – 260 g
- Carrot – 100 g, cut into sticks
- Sweet potato – 150 g, cubed
- Red bell pepper – 70 g, chopped
- Broccoli (optional autumn green balance) – 80 g
- Olive oil – 2 tsp
- Garlic – 1 clove, grated
- Fresh ginger – 1 tsp, grated

Glaze:

- Low-sodium soy sauce – 1 tbsp
- Kevala coconut aminos – 1 tbsp
- 黒糖 – 2 tsp (≈8 g)
- Rice vinegar – 1 tsp
- Water – 2 tbsp



Directions

1. Preheat oven to **200°C**.
2. Roast **carrots** and **sweet potatoes** on a tray with **1 tsp olive oil** and a **pinch of pepper** until tender (**20 min**).
3. Add **bell pepper** and **broccoli** for last **8–10 minutes**.
4. Meanwhile, heat **1 tsp oil** in a skillet. Sear **chicken** pieces **2–3 min per side** until browned.
5. Stir together glaze ingredients. Pour into skillet, simmer gently until sticky and chicken is cooked through (**5–6 min**).
6. Toss roasted veggies lightly in some of the glaze. Serve chicken on top, sprinkle with **sesame seeds** if you like.

Nutrition (per serving, 1/2 recipe)

Calories: ~370 kcal; Protein: 31 g; Fat: 13 g; Sat. Fat: 3 g; Carbs: 30 g; Sugars: 11 g;
Fiber: 5 g; Sodium: ~600 mg