

Rosemary-Maple Mediterranean Chicken

2 Servings

Ingredients

- 300 g skinless boneless chicken breast, cut into large pieces
- 150 g drained chickpeas (rinsed well)
- 1 red bell pepper (150 g), sliced
- 1 medium zucchini (150 g), sliced
- 1 medium carrot (80 g), thinly sliced
- 1 T olive oil
- 1 maple syrup
- 1 tsp low-sodium soy sauce
- 1 tsp Dijon mustard
- 1 tsp chopped fresh rosemary
- 1 tsp lemon zest
- ½ tsp salt + ¼ tsp MSG (combined seasoning)
- ¼ tsp black pepper



Instructions

1. Preheat oven to **170°C**.
2. In bowl whisk **olive oil, maple syrup, soy sauce, Dijon, rosemary, lemon zest, salt, MSG, and pepper**.
3. Toss **chicken and chickpeas** in mixture to coat.
4. Spread **peppers, zucchini, and carrots** in baking dish; place **chicken and chickpeas** over vegetables.
5. **Roast 18–22 minutes** until chicken reaches 74°C internal.
6. **Optional:** Lightly caramelize top using kitchen torch for extra color.

Nutrition (Per Serving)

Kcal: 502 | Protein: 54 g | Fat: 15 g | Sat. Fat: 3 g | Carbs: 37 g | Sugars: 15 g | Fiber: 8 g | Sodium: 221 mg | Omega-3: 0.2 g

Nutrition (Total Dish)

Kcal: 1003 | Protein: 108 g | Fat: 30 g | Sat. Fat: 5 g | Carbs: 74 g | Sugars: 29 g | Fiber: 16 g | Sodium: 442 mg | Omega-3: 0.4 g