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## Chicken and vegetable tray bake



Healthy, easy and super-nutritious chicken and vegetable tray bake is a midweek winner.

**Serves: 2**

**Hands-on time: 10 mins**

**Time to make: 45 mins**

### Ingredients

[More weights & measures](#)

1 medium carrot, cut into 1cm chunks  
1 red onion, chopped into wedges  
2 boneless skinless free-range chicken thighs, cut in half  
1 red capsicum, sliced  
2 tablespoons chopped fresh mint and flatleaf parsley, to serve

¾ cup celeriac, cut into 1cm chunks  
1 teaspoon olive oil  
finely grated zest and juice 1 lemon  
8 broccolini, halved lengthways if thick

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### Instructions

- 1 Heat the oven to 200°C/ fan 180°C/gas 6. Toss the carrot, celeriac and onion chunks with ½ teaspoon of the olive oil in a roasting tin. In a bowl, toss the chicken with the remaining oil and the lemon zest. Arrange the chicken and red capsicum slices on top of the vegetables. Put the tin in the oven and roast for 25 minutes.
- 2 Add the broccoli to the roasting tin, toss everything together and roast for another 10 min until the chicken is cooked through and the vegetables are tender. Add lemon juice to taste, then scatter over the herbs and serve.

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