



## OVEN-ROASTED CHICKEN

4 ways

### INGREDIENTS:

8 chicken breasts

### INGREDIENTS - For the honey mustard marinade:

2 tbsp honey  
1 tbsp **mustard**  
1 tbsp vegetable oil  
1 lemon  
Salt  
Pepper

### INGREDIENTS – for the herby balsamic marinade:

10 g basil  
2 tbsp balsamic vinegar  
1 tbsp **mustard**  
4 tbsp orange juice  
1 tsp green pesto  
Salt  
Pepper

### INGREDIENTS – for the yogurt marinade:

125 g **yogurt**  
1 clove garlic  
1 tsp paprika  
1 tsp thyme leaves  
1.5 tbsp oil  
Salt  
Pepper

### INGREDIENTS – for the turmeric ginger marinade:

10 g ginger  
½ tsp turmeric  
2 tsp curry powder  
1 tbsp lemon juice  
4 tbsp oil  
Salt  
Pepper

ALLERGENES HIGHLIGHTED IN BOLD

### PREPARATION:

Preheat oven to 180°C/355°F. Start by marinating the chicken breasts. Set out 4 bowls.

**For the honey mustard marinade**, add honey, mustard, vegetable oil, freshly grated zest of half a lemon, and juice of the other half. Season with salt and pepper.

**For the herby balsamic marinade**, finely chop basil and add bowl with balsamic vinegar, mustard, orange juice and green pesto. Season with salt and pepper.

**For the garlic yogurt marinade**, add yogurt to a bowl. Finely grate garlic and add to the bowl along with paprika, chopped thyme leaves and oil. Season with salt and pepper.

**For the turmeric ginger marinade**, peel and grate the ginger into a bowl. Add turmeric, curry powder, lemon juice and oil. Stir to combine and season with salt and pepper.

Use paper towels to pat chicken breasts dry then cut them into small pieces. Equally divide them among the four bowls of marinades and stir each to combine. Cover with plastic wrap and marinate in the fridge for at least 30 minutes.

Remove marinated chicken breasts from the fridge. Form 4 sheets of parchment paper into smaller baskets and fill them with one type of marinated chicken breast each. Transfer them all to baking sheet.

Transfer to the oven and bake at 180°C/355°F for approx. 15 min.