



Honey and Paprika Roasted Chicken

Serves 5

Prep time: 10 minutes

Cooking time: 30-25 minutes

Per portion

Calories: 377

Fat: 24g

Saturates: 6.6g

Carbs: 8.8g

of which sugars: 9.3g

Salt: 0.31g

Ingredients:

- 5 chicken breasts on the bone
- 3 tbsp's smoked paprika
- 3 tbsp's runny honey
- pinch of salt
- juice and zest of 1 lemon
- Rapeseed oil spray

Instructions:

Pre-heat the oven to 190C, 375F, Gas Mark 5

In a bowl mix together the honey, smoked paprika, salt and lemon juice to create a paste.

Brush each chicken portion with the paste and set aside on a plate.

Heat a heavy based frying pan and add a couple of sprays of the oil. Gently brown the chicken portions skin side down one piece at a time and transfer to an oven proof dish.

Brush the browned portions with any remaining paste then place in the oven.

Bake in the oven for 30 minutes or until the chicken is cooked through.

Serve hot or cold