

# SallyBee



Campaigning for people to "Season with Sense"



## SALLY BEE'S TURKISH CINNAMON CHICKEN OR MUSHROOMS

 **Prep:** 10 minutes (plus 1hr marinade)

 **Cook:** 40 minutes

 **Serves:** 4

### INGREDIENTS:

- 4 chicken breasts, sliced OR 12 large mushrooms (for vegetarian option)

#### Marinade:

- 1 tsp cumin
- 1 tsp cinnamon
- 1 tbsp smoked paprika
- 2 cloves garlic, minced
- Freshly ground black pepper
- Sprinkle **LoSalt**
- 2 tbsp honey
- 1 tbsp olive oil
- 1 tbsp cider vinegar

#### Roast Vegetables:

- 2 red onions
- 2 courgettes
- 3 peppers
- Drizzle olive oil
- Sprinkle black pepper
- Sprinkle **LoSalt**
- Handful of black grapes
- Handful of cherry tomatoes

### METHOD:

1. Pre-heat the oven to 180°C.
2. Mix together all the marinade ingredients in a large bowl
3. Add the chicken strips or mushrooms and marinade for 1 hour.
4. Pop onto a roasting tray and set aside.
5. Next prepare the vegetables, cutting into large chunks and place on another roasting dish. Drizzle with the olive oil and sprinkle with black pepper and **LoSalt**.
6. Put the vegetables in the oven to roast for the first 20 mins of cooking time.
7. After 20 mins, take the veggies out of the oven, turn and add the grapes and cherry tomatoes. Pop back in the oven for another 20 minutes and also put in the chicken/mushrooms to roast.
8. Serve the chicken/mushrooms piled on top of the roast vegetables. Delicious!