BRITISH · DINNER

Sticky Miso Chicken Traybake with Rice and Broccoli

60 min · Serves 4 · 763 kcal a serve · Video 8:01 · Jamie Oliver

No dairy listed · No nuts listed

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Chicken legs give plenty of protein (about 42 g a serve) and zinc, and the broccoli covers most of a day's vitamin C and vitamin K; the quick cucumber pickle adds crunch without any fat.

Diet notes: Low saturated fat (6.8 g, 8% of the energy); Gluten-free with a swap: Use tamari instead of soy sauce and a gluten-free miso to keep it gluten-free.

Ingredients 13 · SERVES 4

- [ ] 1 kg **chicken legs** (bone-in, skin on)
- [ ] a little **black pepper**
- [ ] 2 tbsp **soy sauce** (reduced-salt)
- [ ] 1 heaped tbsp **white miso**
- [ ] 2 tbsp **red wine vinegar**, for the marinade
- [ ] 2 tbsp **olive oil**
- [ ] 1 mug (300 g) **basmati rice**, plus 2 mugs (600 ml) boiling water
- [ ] 1 head of **broccoli**, florets plus sliced stalk
- [ ] 2 tbsp **honey**, to glaze
- [ ] 1 heaped tbsp **sesame seeds**
- [ ] 1 **cucumber**, peeled, deseeded and finely sliced
- [ ] 2 tbsp **red wine vinegar**, for the cucumber
- [ ] a pinch of **salt**, for the cucumber

Allergens found in the listed ingredients: Gluten, Sesame, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200°C. In a roasting tray, massage the chicken legs with pepper, soy sauce, miso, 2 tbsp vinegar and the olive oil. Marinate overnight in the fridge if you have time, or cook straight away. 0:28
2. Spread the chicken out flat and roast for 30 minutes. 2:00
3. Lift the chicken out. Add the rice and the boiling water to the tray, put it on the hob and bring to the boil, letting the water dissolve the sticky bits. 2:35
4. Cut the broccoli into florets and slice the tender stalk. Stir the stalk into the rice, sit the chicken on top and nestle the florets around it. 3:35
5. Drizzle the chicken with honey, scatter over the sesame seeds and return to the bottom of the oven for 10–15 minutes, until the rice is cooked. 4:39
6. Meanwhile season the sliced cucumber with salt and pepper and dress with the rest of the vinegar. Rest the tray for a couple of minutes, then serve with the cucumber. 5:17

> **Tip** Time is without the optional overnight marinade. Remove the chicken skin to cut saturated fat. Green beans or sugar snaps can replace the broccoli.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
763 kcal	**42** g	**84** g	**4.4** g	**29** g	**910** mg
3,190 kJ	83% of a day	79 g net · 12 g sugars	16% of a day	6.8 g saturated	40% of a day
		30% of a day		37% of a day	

Energy from net carbs 42% · protein 23% · fat 35%

High in (20%+ of a day) Selenium 93% · Vitamin K 92% · Vitamin C 89% · Vitamin B6 44% · Zinc 43% · Magnesium 25% · Iron 20% · Folate 20%

Source of (10–19%) Potassium 18% · Vitamin B12 17% · Omega-3 16% · Vitamin E 14% · Calcium 10% · Vitamin A 10%

Recipe and video: Jamie Oliver (@JamieOliver) on YouTube — youtube.com/watch?v=_V9E46q3dLA, published 18 October 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/jamie-sticky-miso-chicken-traybake