

BBQ Chicken Traybake



Ingredients

- 200ml bbq sauce
- 500g baby potatoes, halved
- 4 carrots, cut into large chunks
 - 2 peppers, cut in chunks
- 500g chicken breasts, diced
 - 2 onions, quartered
 - 2 tbsp oil

Methods

- 1.** Put the bbq sauce into a bowl and stir in the diced chicken, pepper and onion chunks. Leave to marinade.
- 2.** Par boil the carrot and baby potatoes for 5 minutes.
- 3.** Heat the oven to 200c / gas mark 6
- 4.** Once the veg has parboiled, drain them, and return to the pot. Pour in the oil and stir thoroughly to ensure everything is coated.
- 5.** Add the chicken, onion, peppers and bbq sauce to the potatoes and carrots whilst still in the pot (it's easy to stir and get everything combined).
- 6.** Put everything into a large oven tray / glass casserole dish. Large enough so it is all in one layer.
- 7.** Put in the oven for 30 minutes. Stirring halfway through.
- 8.** Serve.