



# Chicken with veggies and beans

15'  
Hands on

15'  
Cook Time

4  
Portion(s)

1  
Difficulty



## Ingredients

### For the chicken

- 700 g chicken breast fillet, cut into small pieces
- 2 carrots, cut into 2 cm slices
- 300 g pumpkin, cut into 1 cm cubes
- 1 broccoli, cut into florets
- 2 red bell peppers, cleaned and cut into 1 cm cubes
- 1 onion, small, cut into slices
- 400 g beans, cannellini, canned

### For the sauce

- 100 g olive oil, + extra for the baking pan
- lemon juice, of 1-2 large lemons
- salt
- pepper
- 50 g honey
- thyme, fresh, only the leaves

## Method

- Preheat the oven to 220°C (430° F) set to fan.
- Grease a large [baking pan](#) with olive oil.
- In a [bowl](#), mix the ingredients for the sauce.
- Rinse and drain the beans well.
- Add the remaining ingredients of the recipe into the bowl with the sauce.
- Mix well, so that all of the ingredients are covered with the sauce.
- Add the mixture into the baking pan and bake for 15-20 minutes, mixing once during the baking time.
- Serve.

## Tip

In this dish, you can add any other vegetables that you like, e.g. mushrooms, potatoes, etc.

## Διατροφικός πίνακας

### Nutrition information per portion

511 Calories (kcal)	18.0 Total Fat (g)	3.2 Saturated Fat (g)	33.0 Total Carbs (g)
26%	26%	16%	13%
20.0 Sugars (g)	48.0 Protein (g)	9.3 Fibre (g)	1.7 Sodium (g)
22%	96%	37%	28%