





HONEY ROAST CHICKEN AND VEGETABLE

Ingredients

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- chicken breast
- streaky bacon
- vegetables you like: I've used carrots, potatoes, peppers and mushrooms
- vegetable oil, salt, pepper, paprika, garlic granules
- 1tbsp honey: I've used the Nook Farm Honey Yorkshire heather honey because of it's strong and unique taste



Instructions

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•cut the vegetables

- add the potatoes and carrots and drizzle some oil over and put it in the oven 200 degrees for 10min
- mix the seasonings with honey, 1tbsp oil and 1-2tbsp water
- wrap the bacon around the chicken, make sure the ends are under the chicken breast
- add the other vegetables to the tray and mix well with the honey mix, place the chicken on top and drizzle with some extra honey
- put it back in the oven and roast until chicken is cooked, about 35-45 depends how thick the chicken is



Notes: If you like you can add some chili for spice, if you like it Mediterranean use rosemary and thyme