Honey, Soy & Garlic baked chicken with Carrot Mash

NIBBLEDISH CONTRIBUTOR

Ingredients

1 Chicken Maryland (thigh & leg piece)
2 Tablespoons of soy sauce
1 Tablespoon of honey
1 Tablespoon of minced garlic

(sorry, I'm just guesstimating because i didn't measure out ingredients but it sounds about right)

1 large potato washed peeled, cut into chunks
3 carrots washed peeled cut into chunks
butter
milk

Instructions

- Mix honey soy & garlic together and pop it into a zip lock bag with the chicken
- refrigerate for 2 hours (you can do it for shorter, just make sure u do it so the chicken soaks in the flavour)
- Pop the chicken & marinade onto a baking dish and bake for 30 minutes at 180*C
- Turn the chicken after 15 minutes and baste with marinade

While the chicken is cooking make the mash

- Place potatoes in a saucepan and cover with cold water
- Bring to the boil over high heat

- Reduce heat to medium add carrots and simmer for about 15 minutes or until tender, drain
- Return the potatoes & carrots to the saucepan to mash, add butter, milk salt & pepper to taste
- Serve with chicken, pour over some of the marinade from the baking dish (which might give you a mini heart attack, but its really nyum)

Serves one with leftovers