

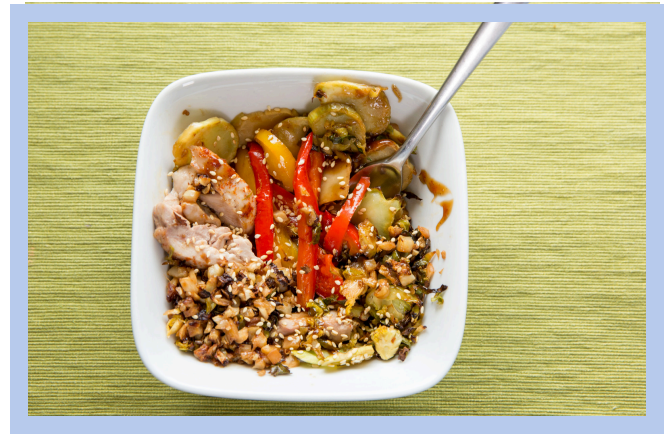
# Two-Pan Thai Chicken Veggie Bowl

## INGREDIENTS

- 6 boneless, skinless chicken thighs
- 1/4 tsp cayenne pepper
- 2 bags Mann's Cauliflower Cauliettes
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1/2 bag Mann's Broccoli Clovers
- 1 bag Mann's Shaved Brussel Sprouts
- sesame seeds and/or a drizzle of hoisin sauce for garnish (optional)

### **Soy Sesame Sauce**

- 1/3 cup low-sodium soy sauce
- 5 tbsp sesame oil
- 5 tbsp rice vinegar
- 2 tsp minced garlic
- 2 tsp minced ginger



## DIRECTIONS

1. Preheat oven to 375 F (convection setting) and have two non-stick baking sheets on hand
2. Combine the Soy Sesame Sauce ingredients in a large glass measuring cup or small bowl, whisk together and set aside.
3. Spread the Mann's Culinary Cuts Cauliflower Cauliettes evenly over on one of the baking sheets. Place the chicken on top of the cauliflower (dispersed evenly). Sprinkle each chicken thigh with equal parts of cayenne pepper.
4. Drizzle with half of the sauce and gently mix with your hands to make sure that everything is coated evenly.
5. On the second baking sheet, spread out the pepper strips, Mann's Culinary Cuts Broccoli Clovers and Mann's Culinary Cuts Shaved Brussel Sprouts. Drizzle with remaining half of the sauce, mixing gently to make sure the veggies are coated.
6. Place both sheets in the pre-heated oven, and bake at 375 F for about 40 minutes (until the juices run clear in the chicken, and the veggies are roasted).
7. Periodically check the veggies and, using a spatula, flip and mix the veggies a few times to ensure that they cook evenly. When done, allow a few minutes to cool before serving. Sprinkle with sesame seeds (optional). Enjoy!