

ONE-POT TRAYBAKED CHICKEN WITH POTATOES & VEGETABLES



MINUTES TO PREPARE
10



TIME TO COOK
1 hr - 1hr
30 mins



SERVES
4-6

INGREDIENTS

1 teaspoon fennel seeds
1 tsp cumin seeds
1 teaspoon coriander seeds
1 red onion, peeled and quartered
1 courgette, sliced into thick rounds
1 aubergine, cubed
2 cloves of garlic, peeled and crushed
8-12 chicken thighs
1 tablespoon rapeseed oil
4 baby potatoes each
5 cherry tomatoes each
2 sprigs rosemary, chopped (or other base herbs such as thyme, oregano or sage)
Juice of 1/2 a lemon

You will need a pestle and mortar and an ovenproof dish or roasting tray

LET'S GET COOKING

- 1 Preheat the oven to 180/350 gas 4.
- 2 Dry roast the spices and grind in a pestle and mortar. Place the vegetables and potatoes in an ovenproof dish, scatter over the garlic and lay the chicken on top with the skin-side up.
- 3 Sprinkle over the spices and scatter over the herbs. Drizzle with rapeseed oil and lemon, and season well with salt and pepper.
- 4 Place in the oven and bake for 1 hour. Check to see if it is cooked by piercing a potato with a sharp knife. If it is still hard, then cover with foil and cook for a further 30 minutes.
- 5 Serve with broccoli and chard.

"I'm a sucker for meals where everything gets put in one dish, it's baked, and then you eat it. There are numerous benefits. For me, the main ones are that it's time-efficient, frees up head-space, means I can get on with something else and allows the flavours infuse naturally. Please note the cooking time here will depend on how large your dish is. If you layer it all on top of one another with the chicken as a layer at the end, then follow the recipe as below. If you have a large roasting tin and the ingredients are on a flat layer, then it will only need one hour. For added flavour, try throwing in some chunks of chorizo as well"