

Greek chicken

Equipment:
Baking dish
Mixing bowl
Garlic press
Grater
Juicer

Ingredients:
Olive oil
2 lemons
6 chicken thighs or
portions
2 x garlic cloves
1 tbsp dried oregano
Root veg (squash,
carrots, beetroot,
potatoes, onions, etc)
Sea salt

1. Pre-heat oven to 170C
2. Grate the zest off the lemons and then juice them.
3. Put the zest and juice in a large mixing bowl.
4. Add half a teaspoon of sea salt, the crushed garlic, oregano and 3 tbsp of olive oil.
5. Mix well.
6. Trim the excess fat off the chicken (optional).
7. Add to the bowl making sure the chicken is well coated in the marinade. Cover and leave for about an hour.
8. Rub the baking dish with a little olive oil.
9. Chop the root veg into cubes (roughly 3cm) and place in the bottom of the dish.
10. Place the chicken pieces on top of the veg, skin side up.
11. Put in the oven and roast slowly, turning the chicken once, until the juices in the bottom of the tray are clear and everything is thoroughly cooked.
12. Make double! Cook once, eat twice! Have it cold with salad. This dish makes a great packed lunch.

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