



## Baked Honey Chicken

with Caramelised Lemon Yoghurt



30-40min



2 Portions

Enjoy a midweek roast chook complete with roast vegetables at the fraction of time it takes to cook a whole bird, and with significantly less calories, too. A Middle Eastern-inspired marinade of honey, cumin and citrusy sumac adds gentle spice, while caramelised lemon juice cleverly brings charred notes to a simple yoghurt sauce.

## What we send

- green pitted olives
- 2 carrots, 1 lemon and 1 parsnip
- sumac
- free-range chicken thigh fillet
- parsley
- Greek-style yoghurt<sup>7</sup>
- ground cumin

## What you'll require

- Australian honey
- olive oil
- sea salt and pepper
- sugar

## Utensils

- baking paper
- medium frypan
- oven tray

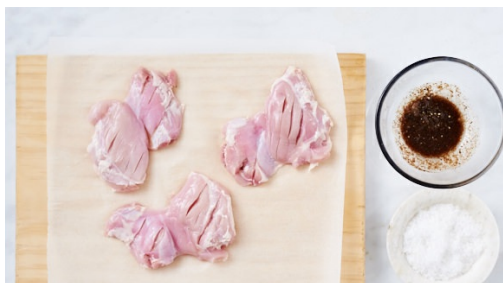
Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 460.0kcal, Fat 19.4g, Proteins 37.0g, Carbs 26.4g



### 1. Marinate chicken

Preheat the oven to 200C. Line an oven tray with baking paper. Using a sharp knife, lightly score each **chicken thigh**. Using a fork, whisk together the **honey, half the cumin, half the sumac, half the oil, salt and pepper** in a large bowl. Add the **chicken** and mix until well coated. Set aside.



### 2. Prepare vegetables

Peel the **carrots** and **parsnip**, then cut into 1.5cm slices. Put on the lined tray in a single layer. Drizzle with the **remaining oil**, season with **salt and pepper**, and toss to coat.



### 3. Bake chicken mixture

Put the **chicken** in a single layer on top of the vegetables. Roast for 25 mins or until chicken is golden and cooked through. Remove from the oven and set aside to rest for 5 mins.



### 4. Caramelize lemon

While chicken is cooking, heat a medium frypan over medium-high heat. Cut the **lemon** into 8 wedges. Sprinkle the cut sides with the **sugar**. Put the lemon, sugar-side down, in the pan and cook for 1 min each sugared side or until caramelised. Set aside to cool.



### 5. Make lemon yoghurt

Squeeze the juice from **2 of the lemon wedges** into a bowl. Add the **yoghurt**, season with **salt** and stir to combine.



### 6. Get ready to serve

Pick the **parsley** leaves, discarding the stems, and coarsely chop. Halve the **olives**. Divide the chicken, vegetables and olives among plates. Drizzle with any pan juices, top with the yoghurt and scatter over the **parsley**. Serve with the **remaining lemon wedges**.