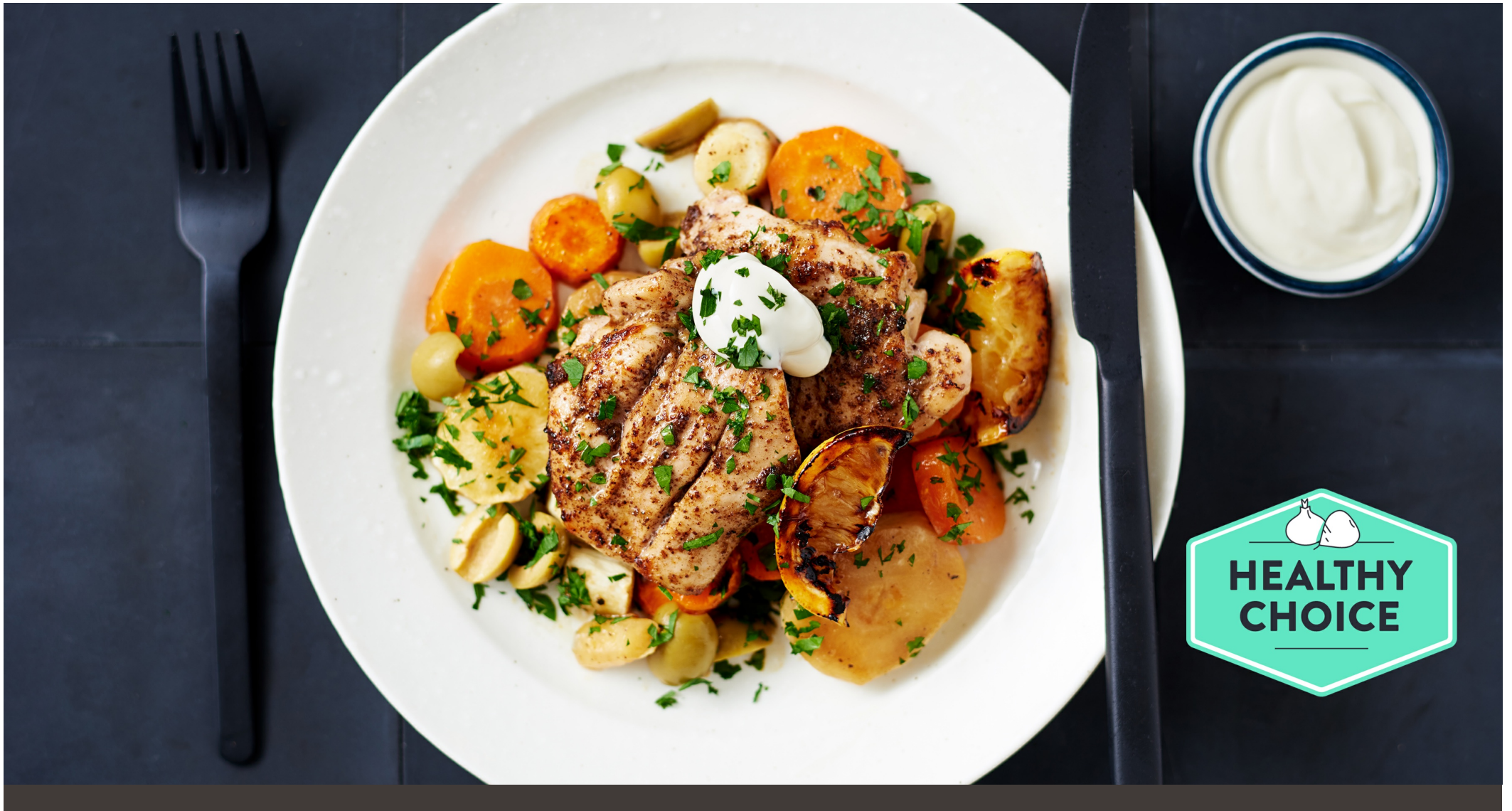


MARLEY SPOON



Baked Honey Chicken

with Caramelised Lemon Yoghurt



30-40min



4 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

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

What you'll require

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

Utensils

- baking paper
- medium frypan
- oven tray

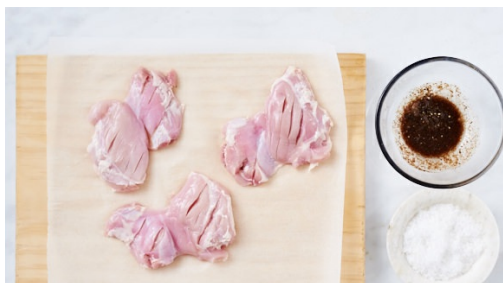
Our veggies come straight from the farm, so please wash them before cooking.

Allergens

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

Nutrition per serving

Energy 400.0kcal, Fat 14.8g, Proteins 36.5g, Carbs 25.2g



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, cumin, 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 **parsnips**, 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 yogurt

Squeeze the juice from **3 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. Scatter over the **parsley**. Drizzle with any pan juices, top with the yoghurt and scatter over the **parsley**. Serve with the **remaining lemon wedges**.