



## Oregano Chicken with Sumac

Roasted Veg and Lemon Tahini Dressing

| [story](#)



20-30min



2 Portions

## What we send

- tahini paste <sup>11</sup>
- free-range chicken thigh fillets
- 1 garlic clove and oregano
- carrot
- sumac
- sweet potato
- red onion
- cauliflower
- lemon

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- extra virgin olive oil
- sea salt and pepper
- water

## Utensils

- baking paper
- large frypan
- oven tray

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

## Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

## Allergens

Sesame (11). May contain traces of other allergens.

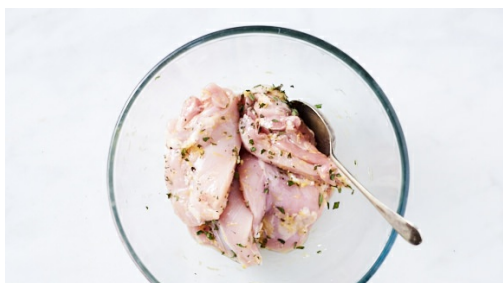
## Nutrition per serving

Energy 640.0kcal, Fat 32.7g, Proteins 40.4g, Carbs 38.5g



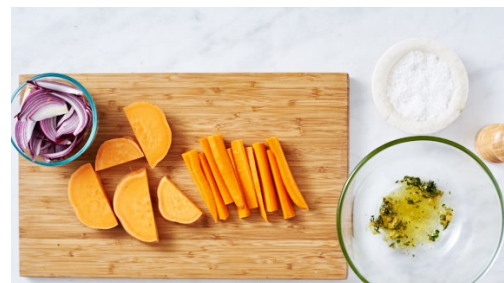
### 1. Prepare marinade

Preheat the oven to 220C. Line an oven tray with baking paper (use 2 trays for 4P\*\* see cooking tip). Finely grate **lemon rind** and juice **lemon** (use half for 2P). Pick **oregano** leaves and finely chop. Using the flat side of a knife, lightly crush the **garlic** with the skin on.



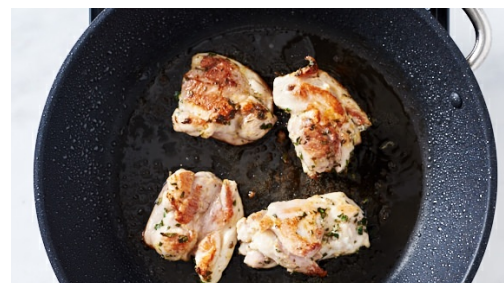
### 4. Marinate chicken

Meanwhile, trim any fat from the **chicken** and halve widthwise. Add the **chicken** to the oregano marinade and mix to coat.



### 2. Prepare ingredients

Combine **lemon zest, half the oregano, half the oil, salt and pepper** in a medium bowl. Peel and cut **onion** into wedges. Cut **sweet potato** into 2cm slices, cutting any larger slices in half. Peel and halve **carrot** widthwise, then cut into wedges lengthwise. Cut **cauliflower** into florets.



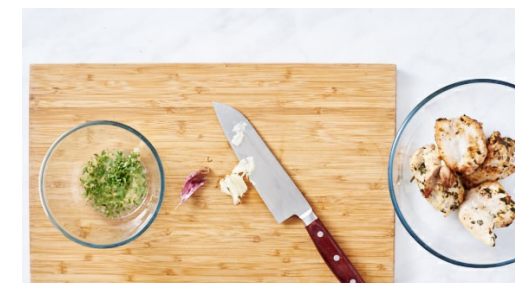
### 5. Cook chicken

Heat a large frypan over medium heat. Cook the **chicken** for 3 mins each side or until golden brown. Transfer to the tray with the vegetables and roast for a further 6-8 mins until cooked through.



### 3. Roast vegetables

Combine the **sumac** with the **remaining oil** in a large bowl and season with **salt and pepper**. Add the **garlic, onion, sweet potato, carrot and cauliflower**, and toss to coat. Transfer the vegetable mixture to the lined tray(s) and arrange in a single layer. Roast in the oven for 20 mins or until tender, removing the garlic after 10 mins.



### 6. Get ready to serve

Combine **chicken** and **half the lemon juice** in a bowl. Squeeze **roasted garlic** from its skin into a bowl and mash with a fork. Using the fork, whisk in the **tahini, remaining lemon juice and oregano, the water** and any chicken resting juices. Season with **salt and pepper**. Divide vegetables among plates, top with chicken and drizzle with the dressing to serve.