

MARLEY SPOON



Oregano Chicken with Sumac

Roasted Veg and Lemon Tahini Dressing

| [story](#)



20-30min



4 Portions

What we send

- free-range chicken thigh fillet
- 2 garlic cloves and oregano
- cauliflower
- tahini paste ¹¹
- sweet potato
- lemon
- red onion
- sumac
- carrot

* 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
- roasting pan or oven tray
- small bowl

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.

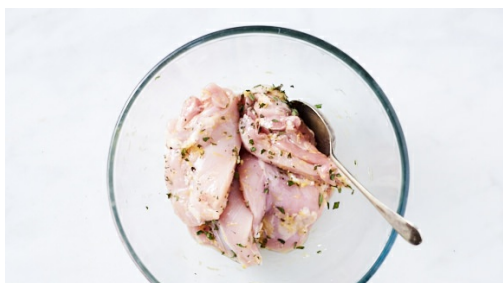
Nutrition per serving

Energy 615.0kcal, Fat 30.9g, Proteins 41.0g, Carbs 36.8g



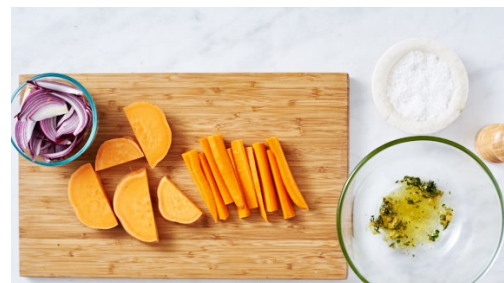
1. Prepare marinade

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.



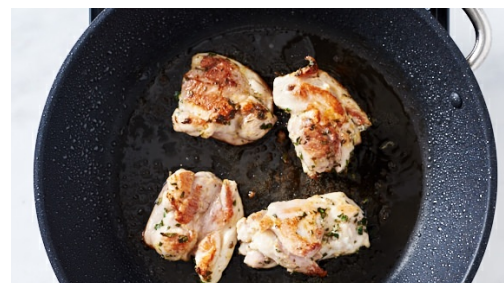
4. Marinate chicken

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.



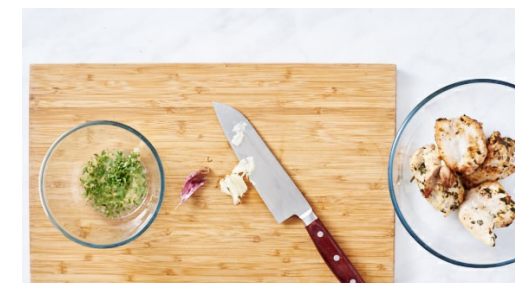
5. Cook chicken

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.