



Recipes

Orange baked chicken

An easy cook recipe for roast chicken with a difference!!

Serves 4

Ingredients

- 0.8kg chicken thighs
- 55ml fresh orange juice
- 55ml honey
- 1 tbsp olive oil
- 1 garlic clove, peeled and finely sliced or crushed
- 1 tsp ground coriander, ½ tsp cumin, ½ tsp tumeric or replace these with 2 tsp mild curry powder*
- 1 orange, thinly sliced
- Chopped chives (optional)

Method

1. Place the chicken in an overproof dish. Then add the honey, orange juice, olive oil, garlic, spices, salt and pepper. Cover and leave in the fridge for an hour.
2. Remove from the fridge and cover with the thinly sliced orange slices.
3. Bake in a preheated oven at 180°C/gas mark 4 for 45 minutes.
4. Sprinkle over the chopped chives (optional)

Serve with potatoes (roasted,boiled or mashed) and green vegetables such as broccoli, green beans, peas...

*May contain or is one of 14 common allergens