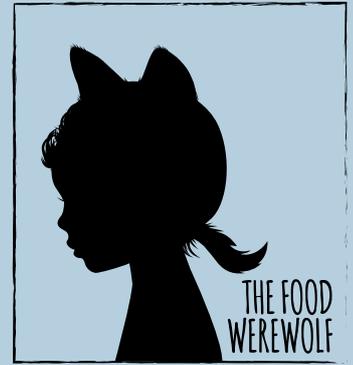


QUICK LEMON THYME CHICKEN



INGREDIENTS

LEMON CHICKEN

- 1.5kg chicken thighs
- 2 tbs Dijon mustard
- juice and zest of 1½ lemon
- 6 cloves garlic, smashed with side of a knife
- 2 tbs oil
- 1 bunch fresh thyme (stems attached)
- 2 bunches small dutch carrots (tops still on) or 5 large carrots
- 150g pistachios

SIDE VEGES

- 6 florets broccoli
- 200g snow peas or 250g green beans
- 1 medium zucchini

POTATO SALAD

- 4 tbs mayonnaise
- 4 tbs sour cream
- ¾ bunch fresh continental parsley, roughly chopped
- 1.5kg small dutch cream potatoes, washed and cut in half

RED WINE JUS

- ¾ cup currants (or sultanas)
- 100ml red wine or sherry vinegar

PREPARATION

- * Pre-heat oven to 200°C
- * Grab a large roasting dish and large pot

METHOD

1. Place garlic, lemon juice and zest, oil and mustard into a large roasting dish.
2. Toss chicken breast in roasting dish liquids until coating on all sides.
3. Cover chicken with fresh thyme and carrots.
4. Place potatoes into large pot of cold water and boil for 15-20 mins or until potatoes just soft.
5. Place chicken in preheated oven for 30 mins or until chicken is cooked (when juice from chicken is clear, not pink).

PREPARATION TIME: 15 MINS

COOKING TIME: 30 MINS

SERVES: 6

6. Place currants/sultanas into red wine vinegar in small saucepan, place on low heat and simmer for 3 mins.
7. When cooked, drain potatoes, add to large salad bowl with parsley. Leave to cool for a few minutes, then add sour cream and mayonnaise to potatoes and toss until combined.
8. Steam green vegetables until just soft.
9. Sprinkle pistachios over chicken, serve with carrots, steamed greens, potatoes and drizzle jus over chicken.

STORAGE, REHEATING & LEFTOVERS

- * Store leftovers in one-meal portion sizes in a container in the fridge for tomorrow's lunch
- * If you want the chicken heated, reheat only once in microwave until very hot

VARIATIONS & TIPS

- * For cheaper cuts of chicken, try with Maryland pieces and adjust cooking time as needed
- * If you can't find preservative free red wine vinegar or sherry vinegar, try organic apple cider or malt vinegar with a little sugar and organic red wine

NOTE

Always look for organic ingredients to be sure you are avoiding additives. Check the label carefully to ensure there are no nasties in your ingredients.

Source: Adapted from Better Homes & Gardens Recipe by Karen