

LOCKDOWN RECIPES



2nd April 2021



HOT HONEY CHICKEN & SWEET POTATO TRAYBAKE

PREPARATION TIME:

Less than 30 mins

COOKING TIME:

30mins to 1hr

SERVES:

4

In this hot honey chicken traybake, the sweetness of honey and sweet potatoes is perfectly balanced with a touch of chilli.

METHOD

Preheat the oven to 200C/180C Fan/Gas 6. Arrange the chicken thighs, skin-side up, the sweet potato chunks and shallots in a large roasting tin. Drizzle with olive oil and season well with salt and black pepper.

Whisk together the honey, boiling water, lemon zest and juice and the Aleppo chilli flakes. Drizzle this over the chicken and sweet potatoes. Roast for 40 minutes until the sweet potatoes are tender, the chicken is cooked through and the skin is crisp.

Serve sprinkled with the parsley and walnuts, and a salad of bitter leaves on the side.

INGREDIENTS

8 chicken thighs, skin on, bone in

4 small sweet potatoes, peeled and cut into chunks

8 banana shallots, halved

½ tbsp extra virgin olive oil

2 tbsp honey

1 tbsp boiling water

1 lemon, zest and juice

½ tsp Aleppo pepper

small handful flatleaf parsley, roughly chopped

small handful toasted walnuts, roughly chopped

salt and freshly ground black pepper

bitter leaves, such as chicory, radicchio or curly endive, to serve