

What Katie ate...

EASY PEASY SQUEEZY HERBY CHICKEN

YOU WILL NEED

2kg chicken thighs - boneless
2 tbsp squeezey basil
2 tbsp squeezey coriander
2 tsp squeezey chilli
2 tbsp squeezey garlic
1 tbsp squeezey parsley
2 tbsp apple cider vinegar
1 tbsp maple syrup
1 tbsp olive oil
2 tsp smoked paprika
2 tsp tomato paste
1 tsp ground cumin
juice 2 lemons
Good quality olive oil
Maldon sea salt flakes
Freshly ground black pepper

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SERVES 4

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Combine basil, coriander, chilli, garlic, parsley, vinegar, maple syrup, olive oil, paprika, tomato paste, cumin and lemon juice

in a mixing bowl, stir together really well. Set aside. Cut away any excess loose skin from the chicken then place on paper towel skin-side up. Thoroughly pat dry the skin using paper towel then prick each piece a few times with a small, sharp knife. Add to a large mixing bowl. Cover with marinade.

Using clean hands (or wearing latex gloves) thoroughly coat the chicken in the marinade then transfer to a baking tray which is able to fit in your fridge, using two if required. Season well with salt and freshly ground black pepper, cover with cling wrap and chill for 4-8 hours or overnight if you can.

Preheat oven to 180 ° C/350 ° F.

Roast chicken (basting often) for 40-45 mins or until golden brown, sauce is caramelised and meat thoroughly cooked through.