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100% Organic



Lemon Roast Chicken

With Potatoes, Courgette and Broccoli

Cooking Time 1 hour

This box contains

All ingredients are 100% organic

2 x chicken thighs

8 x garlic cloves

1-2 x chillies (depending on size)

2 x sprigs of fresh thyme

300g potatoes

1 x lemon

1 x courgette

200g broccoli



Ingredients & Preparation

Serves: 2

Wash vegetables before use

2 organic chicken thighs, skin on, bone in

1 tbsp olive oil, plus extra for drizzling

8 organic garlic cloves

1-2 organic chillies (depending on size), chopped

2 sprigs of fresh organic thyme

300g organic potatoes

1 organic lemon, halved

1 organic courgette, cut into 3cm chunks.

200g organic broccoli, cut into medium florets (you may not need to use the whole head for this recipe)

This is the perfect transitional food as we move from cold weather to sunnier spring days. It's a lighter, fresher take on roast chicken - cooked beautifully with lemon, potatoes and fresh green vegetables.

1 Pre-heat oven to 200°C/180°C fan.

2 Leave the garlic unpeeled; simply crush with their skins on (with the back of a wooden spoon on a chopping board).

3 Chop the potatoes into 3cm chunks (skin on) and in a large roasting tray toss together with the thyme, 1 tablespoon of olive oil, a pinch of salt and freshly ground black pepper. Place the chicken thighs skin side up on top of the potatoes. Drizzle with olive oil and season. Squeeze the lemon over the chicken and pop the empty halves of lemon in the tray.

4 Place the tray in the oven and roast for 30 minutes, basting the chicken with the roasting juices midway.

5 Meanwhile, cut the courgette into 3cm chunks and trim the broccoli into medium florets.

6 When the 30 minutes are up, remove the tray from the oven. Mix in the courgettes, broccoli and chilli coating them with the fat and juices rendered from the chicken and a small pinch of salt.

7 Return the roasting tray to the oven and cook for another 20 minutes, or until the chicken is cooked through and golden (i.e. there is no pink) and the vegetables are tender.

For allergens see ingredients in **bold**

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