

Lemon and Herb Chicken Tray Bake

Serves: 4

Prep time: 15 minutes

Cook time: 30 minutes



2 serves per portion

Ingredients

2 tablespoons olive oil
1 lemon, juiced and zested
2 cloves garlic, finely chopped
2 tablespoon mixed herbs (oregano, thyme, rosemary)
Black pepper, to taste
500g skinless chicken thighs, fat trimmed
2 carrots, chopped
2 small potatoes, cut into quarters
2 tomatoes, cut into quarters
1 red onion, cut into quarters

Method

PREHEAT oven to 180°C and line a baking tray with baking paper.

COMBINE olive oil, lemon juice, lemon zest, garlic, mixed herbs, and pepper in a small bowl.

SPREAD chicken thighs out on the baking tray.

ARRANGE chopped vegetables around the chicken.

DRIZZLE the lemon and herb mixture over the chicken and vegetables, then use a basting brush to evenly coat.

BAKE in oven for 30-40 minutes until chicken is cooked through and vegetables have browned.



Everyday Food

Recipe courtesy of the Country Kitchens team