

Rustic Chicken with baby tomatoes and rocket salad



This recipe has a vibrant fresh look when on the plate and the lemon gives it a citrus zing. It is perfect for boat food as it's so easy to prepare and can all be done in the one dish.

A roasting dish is ideal, although a casserole dish or high sided frying pan would do just as well provided it has a handle that can go in the oven.

The sooner you put in your tomatoes the more caramelised they will be and there is no need to par-boil your potatoes as they will cook in the same

time as the chicken. Any cuts of chicken can be used, including breast and legs, but thighs with the skin on work best for this recipe. It's worth remembering that when cooking on a gas cooker there is no fan assistance as with modern electric cookers, so you have to turn up the heat that extra bit, to get the skin on the thighs to brown. Once you have prepared the ingredients, the dish simply goes into the oven and can be forgotten about until cooked.

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Feeds Four

Preparation time: **10 mins**

Cooking Time: **40-45 mins**

- 8 chicken thighs, skin on
- Small bag of baby new potatoes
- Punnet of baby tomatoes
- 6 cloves of garlic
- 2 whole lemons
- Approximately 6 sprigs of lemon thyme
- Bunch of fresh rocket leaves
- Olive oil
- Sea salt
- Ground pepper

Place the chicken thighs in the bottom of your dish leaving the skin on

Chop the baby new potatoes in half and spread them around the thighs

Add in the whole baby tomatoes at the same time as the potatoes so they get nicely caramelised

Tear off the leaves of the lemon thyme from the stalks and sprinkle over everything

Peel and finely chop the garlic cloves and sprinkle over everything

Cut the lemons in half and squeeze over everything

Place two of the squeezed lemon halves into the dish to add that extra zing

Grind the black pepper all over

Sprinkle a little sea salt all over

Leave uncovered to crisp up the skin of the thighs

Place in a pre-heated oven at 230 degrees centigrade, gas mark 8 for 40-45 minutes

Place thighs with a good serving of all those lovely extra bits on a plate and pour over the pan juices

Serve with fresh rocket leaves

Season to taste