

Spiced kumara, fennel & chicken tray bake



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Preparation 25 mins | Cooking 50 mins | Serves 4

- 4 (about 400g each) chicken marylands, trimmed and scored
- 1 red onion, cut into wedges
- 500g kumara (orange sweet potatoes), peeled and cut into 5-6cm pieces
- 1 bulb fennel, trimmed and cut into 1-2cm thick wedges
- 1 red capsicum, halved lengthways, deseeded and cut into thick strips
- 3 garlic cloves, crushed
- 3 tsp Ras al Hanout*
- 1 tbs lemon juice
- ¼ cup olive oil + olive oil spray
- 2 lemons, halved
- ½ cup flat-leaf parsley leaves, roughly chopped
- Warmed flatbreads, to serve

Tahini yoghurt:

- ½ cup Greek-style natural yoghurt
- 1 tbs tahini
- 1 tbs lemon juice

* *Ras al Hanout is a fragrant North African spice mixture, replace it with Moroccan spice if preferred.*

STEP 1 Preheat oven to 200°C fan-forced. Line 2 large baking pans with baking paper. Place 2 chicken marylands onto each tray. Arrange onion, kumara, fennel and capsicum around the chicken.

STEP 2 Combine garlic, ras al hanout or Moroccan spice, lemon juice and olive oil in a bowl. Season with salt and pepper. Drizzle mixture over chicken and vegetables then liberally spray with oil. Add lemons to trays. Roast, tossing vegetables once, for 45-50 minutes until chicken is golden and cooked through.

STEP 3 To make tahini yoghurt, combine all ingredients in a bowl. Season with salt and pepper. Stir to combine.

STEP 4 Sprinkle chicken and vegetables with parsley. Serve with tahini yoghurt and warmed flatbreads.