

Tasting, Sampling and Sharing with friends

hit 'n' run traybaked chicken



Preheat Oven 180c/350F/Gas 4

Ingredients

| | |
|--------------------------------------|--------------------------|
| 4 large ripe tomatoes | 4 cloves garlic |
| 2 red onions | ½ bunch fresh thyme |
| 1 red pepper | 1 tspn smoked paprika |
| 1 yellow pepper | 2 tbspn olive oil |
| 6 skinless free-range chicken thighs | 2 tbspn balsamic vinegar |

Method

Quarter the tomatoes and place them in a large baking dish or roasting tray (roughly 25cmx30cm). Peel the onions and cut into large wedges, then de-seed and roughly chop the peppers. Add all these to the tray along with the chicken thighs.

Squash the un-peeled garlic cloves with the back of your knife and add to the tray, then pick over the thyme leaves and sprinkle over the paprika. Add the oil, balsamic and a good pinch of salt and pepper. Toss everything together really well to coat, then spread across the tray, making sure the chicken isn't covered by the vegetables. Roast for around 1 hour, or until the chicken is golden and cooked through, turning and basting a couple of times during cooking with the juices from the tray.

Serve the traybake with a lovely green salad on the side. You could also buddy it up with a little rice, polenta or crusty bread to mop up the juices.

Ann Farr 27th January 2016