



Deliciously Sweet Recipe Idea

*Southland
Bunches*
Sweet, fresh & tasty carrots from cool Southern climates



Chilli Honey Roasted Chicken

So sweet. So fresh. So tasty!

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visit www.sosweet.co.nz*

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Chilli Honey Roasted Chicken

Ingredients

- 1 lemon, plus 3 tablespoons freshly squeezed lemon juice
- 4 tablespoons olive oil
- 2 ½ teaspoons salt
- 3 tablespoons freshly squeezed orange juice
- 1 ½ tablespoons whole grain mustard
- 3 tablespoons honey
- 1 bay leaf
- ½ to 1 teaspoon crushed red pepper flakes, to taste
- Black pepper, to taste
- 1 size 16 or 18 chicken, cut into 8 pieces
- 3 cups sliced So Sweet carrots (10mm thick slices)
- 1 onion, halved and thinly sliced
- 2/3 cup sliced dates
- 1 tablespoon fresh thyme leaves
- ¼ cup chopped parsley, for garnish
- 2 spring onions, thinly sliced, for garnish
- ¼ cup chopped toasted pistachio nuts, for garnish (optional)



Method

1. Quarter the lemon lengthwise, removing any seeds. Thinly slice crosswise into small wedges and add to small pot of boiling, salted water. Blanch for 2 minutes and drain. Reserve slices.
2. In a saucepan, whisk together lemon juice, orange juice, oil, mustard, honey, salt, bay leaf, red pepper flakes and black pepper to taste. Bring to a boil and simmer for 5 minutes. Let cool.
3. Put chicken in a bowl and add honey mixture. Add carrots, onion, dates, thyme and blanched lemon slices. Turn mixture several times to coat. Let marinate for at least 30 minutes at room temperature, but preferably covered overnight in the refrigerator.
4. Heat oven to 200 degrees C. Transfer all ingredients, including marinade, to a baking dish with a rim. Chicken should be skin side up. Roast until chicken is browned and cooked through, about 20 to 30 minutes for breasts and 30 to 40 for legs and wings (remove the pieces as they are done cooking).
5. When the chicken is done, give the carrot mixture in the pan a stir; if the pan looks dry add 2 to 3 tablespoons water. Continue roasting the carrots until they are tender, about 7 to 12 minutes longer.
6. Spoon carrots over chicken and top with parsley, spring onions and pistachio nuts.

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