

Rosemary Roasted Chicken and Potatoes

Ingredients

½ tsp Rosemary	2Tbs oil
1tsp Garlic granules	1Tbs honey
1tsp Lemon Pepper	1Tbs Lemon juice
1tsp Oregano	1/s tsp salt
1tsp Paprika	8 chicken thighs/ skinless / scored
1 Tsp Thyme	1 red onion sliced
1 1/2 lb baby potatoes – sliced	

Method

- Pre-heat the oven to 220°C, 425°F, gas Mark 7. Scatter the potatoes into a large ovenproof tray, drizzle with the oil and sprinkle over the Rosemary (½ tsp) and Garlic Granules. Toss the potatoes to coat evenly and cook for 20 minutes.
- Meanwhile, combine the Lemon pepper, Oregano, Paprika and Thyme in a bowl, add the honey, lemon juice and salt and mix well. Add the chicken and coat.
- Remove the potatoes from the oven, push to the side of the tray and place the chicken thighs in the centre of the tray. Scatter the onions on top of the potatoes.
- Reduce the oven temperature to 200°C, 400°F, Gas Mark 6 and cook for a further 40 - 45 minutes until the chicken is cooked through and the juices run clear.
- Delicious served with green vegetables.

