

Springtime Chicken



SERVES 4



PREP TIME 30 mins



COOKING TIME 35-40 mins

Ingredients

- 1 pack *Carla's Tuscan Blend*
- 8 chicken thighs
- 750g new/baby potatoes
- 2 carrots
- 1 leek
- 1 courgette
- 2pk yellow & red cherry tomatoes
- 1 bunch flat leaf parsley
- 1 bunch mint
- 1 tbsp honey
- 1 tbsp wholegrain mustard
- 1 tbsp red wine vinegar
- Olive oil
- Salt and pepper

Instructions

- Preheat the oven to 190°C
- Halve the baby potatoes, peel the carrots and slice into 1cm slices. Place on a prepared baking tray and toss with a drizzle of oil and half a packet of *Carla's Tuscan Seasoning*. Roast until golden, about 30-35 minutes, stirring halfway through
- Put the chicken thighs on a baking tray and drizzle with a little oil and sprinkle over the rest of the *Tuscan Seasoning*. Rub the seasoning into the chicken and then roast for about 30-35 minutes, until no longer pink in the middle. Chicken should be at least 75-80 degrees when temperature probed
- While the chicken and veg are roasting, prep the leek, removing the dark green tops and the root, then slice into 1cm rounds. Quarter the courgette lengthways, then chop each strip into three. Add the leek and courgette to the potato and carrot after about 15 minutes of the cooking time. Mix them in well to make sure they get coated in the seasoning and oil, and roast for about another 20 minutes
- To make the tomato salad, cut the cherry tomatoes in half and place in a bowl. Season with freshly ground salt and pepper and stir in 2 tablespoons of olive oil. Finely chop the parsley and stir a quarter of it into the tomato salad
- To make the salsa verde: pick the mint leaves and chop them finely. Add to a bowl, and mix together with the remaining chopped parsley, the honey, wholegrain mustard, red wine vinegar and a couple of tablespoons of olive oil. Season with salt and pepper, taste and adjust seasoning as required
- Serve the roasted chicken thighs on top of your roasted vegetables, and take to the table with your tomato salad and salsa verde

Carla's product used in this recipe: **Tuscan Blend**

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