

Chicken & Lentil Traybake

I bloody love a traybake, they are so easy. Perfect for when you don't have the time to stand there staring and adding stuff or when you just can't be bothered to do much.

You can do so many different flavour combinations with different veg, fish, meat etc.

Plus hardly any washing up and I take the roasting tray straight to the middle of the table so we can all tuck in and eat up.



Serves: 4

Prep Time: 5 minutes

Rest/Marinate Time: 0

Cooking Time: 30 minutes

Ingredients

- 8 chicken thighs, skin on and bone-in.
- 1 medium red onions, cut in half and sliced.
- 1 fennel bulb, remove the core and slice, save the herby tops.
- 1 medium carrot, cut into 4 and diced.
- 1 medium courgette, cut into 4 and diced.
- 2 tomatoes cut into 4 and roughly chopped.
- 1 tbsp dried oregano, plus a little extra.
- 2 x 400g tins of lentils in water.
- A handful of fresh parsley.
- Olive oil.
- Sherry vinegar.
- 100 g Garlic butter.

Method

- Places all the veg into a roasting tray, season with salt and pepper, sprinkle with the oregano, drizzle with a good amount of olive oil mix everything together. Pop the tray into a preheated oven set at 200°C for 20 minutes. Give it a mix half way.
- Whilst the veg is in the oven take butter and smear it all under the skin of the chicken thighs. Season the skin with salt, pepper and a little more oregano.
- Once the 20 minutes are up take the roasting tray out of the oven and add the 2 tins of lentils including the water. Mix with all the veg then nestle the chicken in between it all and back into the oven for another 25-30 minutes.
- Once out of the oven remove the chicken and put to one side. Add the parsley, a good drizzle of olive oil and the vinegar, check for seasoning and adjust accordingly. Place the chicken back on top and scatter the fennel tops over.
- Take the roasting tray straight to the middle of the table so we can all tuck in and eat up.