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WK10
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Fennel & Orange Chicken with Garlic & Rosemary Potatoes

Chicken is always a trusty favourite, but it can be bland if you're not careful. Fortunately, with the delicious combination of orange and fennel, bland is banished in this simple suppertime situation.



Prep: 10 mins



Cook: 35 mins



Total: 45 mins



level 1



eat me early

Pantry Items



Olive Oil



Potatoes



Red Onion



Garlic



Rosemary



Free Range
Chicken Thighs



Fennel Seeds





Orange




Rocket Leaves


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2P	4P	Ingredients
400 g	800 g	potatoes, unpeeled & cut into 2 cm chunks
1	2	red onion, sliced into wedges
1 clove	2 cloves	garlic, peeled & finely chopped 
1 bunch	2 bunches	rosemary, leaves picked & finely chopped
2 tbs	4 tbs	olive oil *
1 packet	2 packets	free range chicken thighs
1 sachet	2 sachets	fennel seeds
1	2	orange, zested & juiced
½ bag	1 bag	rocket leaves 

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2500	Kj
Protein	41.3	g
Fat, total	27.9	g
-saturated	6	g
Carbohydrate	42.3	g
-sugars	12.8	g
Sodium	190	mg



You will need: *chef's knife, chopping board, zester or grater, oven tray lined with baking paper, medium bowl, medium frying pan, tongs, medium ovenproof dish, plate, aluminium foil and medium saucepan.*

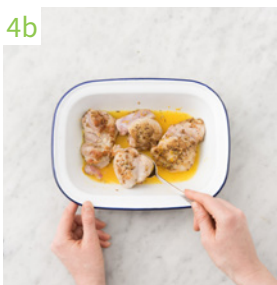
1 Preheat the oven to **220°C/200°C** fan-forced.

2 Add the **potato, red onion, garlic, rosemary** and half the **olive oil** to the prepared oven tray. Season with **salt** and **pepper** and toss to coat. Bake in the oven for **25-30 minutes**, or until golden.

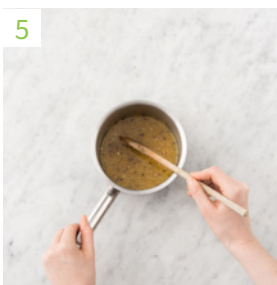


3 Meanwhile, in a medium bowl combine the **chicken thighs**, the **fennel seeds** and the remaining olive oil.

4 Heat a medium frying pan over a high heat and add the chicken thighs. Cook for **4-5 minutes** on each side, or until the chicken is golden and the fennel seeds have darkened. Transfer the chicken thighs to a medium ovenproof dish and add the zest and the juice of the **orange**. Toss the chicken in the orange juice to coat. Bake in the oven, uncovered, for **10-15 minutes**, or until the chicken is cooked through.



5 Once cooked, transfer the chicken to a plate and cover with aluminium foil. Pour the orange juice marinade into a medium saucepan and bring up to the boil. Cook for **2-3 minutes**, or until the orange juice has reduced and thickened.



6 To serve, divide the chicken thighs, potatoes, red onion and **rocket leaves** between plates. Drizzle the orange syrup over the chicken and rocket. Enjoy!

Did you know? The ancient Greeks believed that fennel increased one's courage.