

One Tray Easy Bake Chicken



This easy to make Mediterranean chicken roast is packed with vibrant flavours.

Ingredients

8 chicken thighs or breast fillets

200 g semi-dried tomatoes

100 g pitted Kalamata olives

8 spring onions (these have the small white bulb at the base), halved

Method:

1. Preheat oven to 180C. In a large bowl, combine chicken, semi-dried tomatoes, olives and shallots. Season with sea salt and pepper and toss well to combine.
2. Transfer to a large baking tray and spread in a single layer. Roast for 40 minutes or until the chicken is done.

3. Rest for 5 minutes before transferring the chicken to a platter and scatter with the roasted vegetables. Drizzle with a little of the juice that results from baking.