

Chicken and White Bean Tray Bake



A healthy all-in-one bake that is simple to prepare with an added bonus of minimal wash up. This is the ideal weeknight dish.

Ingredients

6 chicken thighs, skin-on and bone-in

1 onion, diced

3 garlic cloves, crushed

1 carrot, diced

1 tsp dried oregano

1 tsp lemon zest

400 g canned cherry tomatoes

400 g canned cannellini beans, drained and rinsed

3 frozen spinach portions, thawed or 1 cup of fresh baby spinach blanched

1/2 cup feta cheese, crumbled

Method:

1. Season chicken thighs with salt and pepper.
2. Preheat the oven to 190C.
3. In an oven-proof, heavy based pan over medium high heat, brown the chicken thighs with a drizzle of olive oil, skin-side down in batches till golden brown 3-4 minutes, then turn over and seal the other side. Remove from the pan and set aside.
4. Return the pan back to heat, toss through the onion, garlic and carrot. Cook for 3-4 minutes then add the cherry tomatoes, oregano, lemon zest, cannellini beans and spinach. Stir to combine.
5. Then return the chicken thighs back into the pan, crumble the feta on top and roast in the oven for 15-20 minutes until the tops are golden and chicken is cooked.