



Chicken and feta bake

An easy mid week meal that tastes delicious, thanks to the preserved lemon. I modified this recipe from one out of Dish (though can't remember which issue it was!). Serves 4. Per serve: Cal: 536; Fat: 30.6g; Pro: 59.1g; Carbs: 4.7g

Serves: 4, Prep time: 00:15, Cook time: 00:30

Instructions

Pre heat the oven to 200 degrees fan bake. Pat the chicken thighs dry and lay on a lined baking tray. Mix the olive oil, oregano, garlic and chilli flakes together and brush these over the chicken thighs*.

Put in the oven to cook for 15 minutes (covered) and while cooking, chop the courgettes into thick slices and finely sliced the preserved lemon. Take chicken out and add courgette and whole cherry tomatoes to the baking tray, along with the preserved lemon. Season with a few grinds of salt and pepper. Pop back in the oven for 15 minutes (covered) or until cooked (our oven runs a little hot).

Once cooked, remove from oven and crumble the feta cheese over the chicken mix. Serve with a salad.

Ingredients

- 800 grams Chicken thigh, skin removed, boneless (1 lb 12 oz)
- 2 tablespoon Extra virgin olive oil
- 2 tablespoon Dried oregano
- 2 teaspoon Dried chilli flakes
- 2 Garlic, cloves
- 250 grams Cherry tomatoes (9 oz)
- grind Salt, Himalayan
- grind Black pepper
- 0.5 Preserved lemon
- 4 Courgette
- 100 grams Cheese, Feta (3.5 oz)

**you can do this first bit the night before,
except add the chicken and oil mix to a
dish or a bowl to marinate overnight.*