



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 20mins

Cook time: 85

Serves: 4

INGREDIENTS

- ¼ cup olive oil
- 1 large sweet potato, diced 1.5cm
- 5 medium white potatoes, diced
- 1 large red onion, roughly diced
- 2 bulbs fennel, thinly sliced
- 6 medium carrots, diced
- 2 oranges, juice of 1, thinly slice 1
- 4 cloves garlic, chopped
- 8 long sprigs fresh thyme
- 8 chicken thighs, bone in
- 1 tsp pink rock salt
- ½ tsp ground black pepper
- ½ cup water
- 1 tbsp potato flour

METHOD

- Preheat oven to 200°C, and heat a deep baking dish.
- Add half the oil to the baking dish, with garlic, thyme and chicken.
- Bake for 10 minutes, turning chicken once.
- Combine all diced vegetables, juice and sliced orange, other half olive oil, salt and pepper in a large bowl and mix well.
- Add to chicken pieces and bake for 60 minutes, turning mixture and reducing heat to 180°C.
- Remove pan and pour juices into pyrex jug, return to oven for another 15 minutes to crisp up a bit.
- Combine water, orange juice and potato flour and stir into juices.
- Heat sauce in microwave until thickens, about 2 minutes. If too thick, add more water and blend, if too thin, repeat with potato flour and water, boil, then blend.
- Serve chicken, with vegetables alongside, and pour sauce over the top.
- **NOTE:** I serve with green peas, but broccoli or asparagus work well too.

ORANGE AND FENNEL CHICKEN

