

Becky Makes...

CHICKEN TRAYBAKE

6-8 Chicken Thighs, bone in, skin on

1 Onion

3 Garlic Cloves

2 Peppers (any combination of red, orange and/or yellow), cut into chunks

9 small Tomatoes (can be from the freezer)

1 can Cannellini Beans, drained and rinsed

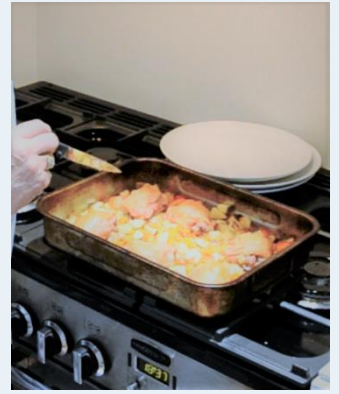
1 small packet diced or sliced Chorizo

½ teaspoon dried Rosemary

2 large Potatoes

Drizzle of Olive Oil

Salt and pepper



Serves 3-4

Cook in the oven in a large roasting tin

1. Oven on to Gas mk. 6, 200°C (180°C Fan)

2. Peel the onion, cut into 6 roughly equal sized pieces and place in the roasting tin

3. Add the chunks of pepper, tomatoes (leave whole), beans and chorizo

4. Peel the garlic cloves and crush between 2 spoons. Add them to the tin

5. Sprinkle the rosemary over the vegetables and season with salt and pepper

6. Sit the chicken thighs on top of the vegetables and drizzle with olive oil

7. Dice the potatoes and arrange them around the chicken

8. Cook in the oven for 1 – 1¼ hours, or until the chicken is golden brown and the potatoes are soft

9. Serve as a hearty-yet-simple “one pot” dinner after a long day!

For a Demonstration of this recipe find me on YouTube

[\(4\) Becky Bakes... Chicken Traybake - YouTube](#)