



Roast Half Chicken with Buttered Tomatoes, Chickpeas, Orange and Rosemary.

A chicken dish perfect for the height of summer. It has deep flavours thanks to the punchy marinade, but the tomatoes bring freshness and lightness. Simply serve with boiled new potatoes, rice or couscous.

INGREDIENTS

FOR THE CHICKEN

5 x 1.2 kg chickens, halved through the middle and trimmed
2 heads of cos lettuce, trimmed and washed

FOR THE MARINADE

50g Knorr Professional Chicken Jelly Bouillon
100g Hellmann's Dijon mustard
100g Hellmann's tomato ketchup
100g honey
100g golden brown sugar
100ml white wine vinegar
4 cloves of garlic, peeled and chopped
750ml vegetable oil
Salt and black pepper

FOR THE SAUCE

300g butter
15g Knorr Professional Chicken Jelly Bouillon
½ tsp smoked paprika
500g mixed cherry tomatoes, halved at an angle
1 tbsp honey
Juice of 1 orange
1 sprig of rosemary
1 tin (400g) chickpeas
Some chopped flat parsley
Salt and black pepper

METHOD

FOR THE MARINADE:

- Blend everything together and pour over the chicken. Leave for a minimum of 4 hours, but best overnight.

FOR THE SAUCE:

- Melt the butter over a medium heat. When bubbling, add the smoked paprika, tomatoes, honey, orange juice and rosemary. Allow the tomatoes to warm through and soften a little – you want them to hold their shape. When ready to serve, add the parsley and season.

FOR THE CHICKEN:

- Preheat the oven to 185°C.
- Remove the chicken from the marinade, scrape off the excess and place onto a shallow gastro tray skin side up.
- Cook for 45 minutes until golden and crispy.
- Serve with some cos leaves and the tomato mixture spooned on top.