

Marinated chicken thighs with baked sweet potato

6 Chicken thighs on the bone

Marinade

¼ cup olive oil
¼ cup lemon juice
1 teaspoon sea salt
½ teaspoon ground black pepper
1 teaspoon paprika
½ teaspoon cumin
¼ teaspoon turmeric
2 cloves garlic, chopped
2 TB of fresh rosemary leaves

Mix all together and marinate chicken for 1 hour to overnight.

You may like to remove the skin before marinating.

Place into a roasting tray lined with baking paper and pour all the marinade over the chicken.



Baked sweet potato

2 good sized sweet potato
Olive oil
¼ tsp Cinnamon
Maple syrup
Balsamic glaze

Cut the sweet potato into 1 inch pieces and place into a bowl, sprinkle the cinnamon, drizzle enough oil to coat, drizzle a little maple syrup and balsamic glaze over the sweet potato.

Toss the potato around in the bowl to coat with all the lovely flavourings.

Place on a tray lined with baking paper.

Using a preheated oven (180°C) bake both the chicken and the sweet potato for roughly 30-35 minutes until cooked.

Depending on the size of the chicken pieces being used the sweet potato may ready 5 to 10 minutes before the chicken.

Served with spinach and steamed broccoli.