Lemon-Thyme and Maple Roast Chicken & Veggies

4-6 Servings

Prep: 15 min
Cook: 1 hour 10 mins

INGREDIENTS

1 kg chicken marylands

1 red onion, peeled and cut in 8

1 lemon, juice extracted by hand, pips sieved

1 tbsp Belicious OneSpice Thyme

1 garlic bulb, sliced horizontally, peel on

1 cup dry white wine

1 cup chicken stock or 1 tbsp powdered stock

3 tbsp olive oil

One Butternut pumpkin, peeled, cut in thick slices

2 zucchini, thick sliced

1 garlic bulb, sliced horizontally, peel on

2 tbsp maple syrup

1 bunch baby truss tomatoes

DECORATION|ACCOMPANIMENT

Freshly ground **Belicious OneSpice Rock Salt and Peppercorn** to taste

LET'S GET COOKING!

1. Preheat oven to 180°C

2. Place chicken marylands in a baking dish. Around the chicken, place the garlic and pumpkin.

3. Mix together the wine, lemon juice, maple syrup, thyme, and chicken stock and drizzle on top of the whole dish. Season with salt and black pepper. Cover with foil and bake for 40 minutes.

4. Take out foil, turn chicken maryland around, and add the tomatoes, onion and zucchini. Turn heat up, and bake on 200 for another 30 minutes until brown.

5. Let it rest, covered with foil for 10 min. Squeeze the garlic bulbs out of their sockets on top of the whole dish, throwing out the peel.

Serve with fluffy rice and a garden salad!

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Belicious One Spice Pepper

Belicious One Spice Salt

Belicious One Spice Thyme

BELICIOUS FOODS