

Crispy tarragon baked chicken



BODY SHAPE
PERFORMANCE

500g sweet potatoes, scrubbed and cut into large pieces
1kg bone-in chicken thighs, skin on
salt and pepper to season
2 tbsps olive oil
small bunch of fresh tarragon
2 tbsps sherry vinegar
300g cherry tomatoes
200ml chicken stock

SERVES 4



Preheat oven to 200°C/400°F.

Bring a large saucepan of water to the boil. Add the potatoes and cook for 5-10 minutes, until soft. Drain and set aside.

Place the chicken in a large bowl. Add the salt, pepper and oil and mix thoroughly to coat.

Transfer the chicken to a large saucepan and cook over a medium heat for 10 minutes, stirring occasionally to seal the chicken on all sides.

Bash the tarragon leaves in a pestle and mortar. Place the leaves in a bowl and add the sherry vinegar. Stir well and pour onto the chicken.

Add the tomatoes, stock and potatoes, and stir. Transfer the contents of the saucepan to a large ovenproof dish. Bake for 40 minutes until golden.

Store any leftovers in an airtight container and refrigerate for up to 2 days or freeze on same day.

PER SERVING:
(chicken skin removed)

540 Calories

30g Carbs

42g Protein

28g Fat

