



Citrus Baked Chicken

THE PERFECT WAY TO KICKSTART YOUR ENERGY LEVELS

✓ Rich in Protein.

✓ Great to kick start your metabolism.

✓ Bursting with nutrients.

- 4 Skinned Leg Joints of Chicken (Thigh and Drumstick)
- 1tbsp Olive Oil
- 2 Sliced Red Onions
- 2 Crushed Garlic Cloves
- 80g Baby Carrots
- 2 Chopped Parsnips

For the Marinade

- Juice and Zest of 1 Lemon, Lime & Orange
- Zest 1/2 Grapefruit
- 2tbsp Soy Sauce
- 2tbsp Olive Oil
- 1tbsp Freshly Chopped Rosemary
- 1tbsp Freshly Chopped Thyme

1 For the Marinade: Combine all the marinade ingredients into a bowl and mix together. Then make a couple of slits across the chicken flesh and leave the joints to marinate for a couple of hours or overnight.

2 Preheat the oven to 175C (fan) and Heat a tsp of olive oil in a large frying pan on a low heat and soften the onion, baby carrots and parsnip.

3 Add 2tbsp of the marinade and the crushed garlic to the pan to allow a little caramelisation. Then arrange the vegetables in the base of an oven proof dish.

4 Sear the chicken joints in the pan then lay them on top of the vegetables. Spoon the remaining marinade over the top. Bake in the oven for half an hour and VOILA!