



Tender Chicken



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 40 MINUTES



SERVES: 4

Ingredients

4 corn fed chicken breasts, skin on
1 red onion, quartered
8 baby leeks, trimmed
6 baby Zucchini, cut lengthways
8 plum tomatoes, halved
1 sweet red pepper, cut into rings
2 carrots, cut lengthways
4 small green peppers, cut lengthways
1 small fennel
4 garlic cloves, unpeeled
1 tbsp olive oil
30 g butter
1-2 sprigs thyme, finely chopped
Salt and pepper

Method

Preheat the oven to 180°C CircoTherm®.

Lay all the prepared vegetables on a universal baking tray and sprinkle with olive oil and seasoning. Place the chicken breasts on top of the vegetables and bake in the oven on level 3 with low moisture added for 15 minutes. Remove the moisture and continue to cook for another 10 minutes.

Using a sieve, remove the stock from the tray and bring it to boil in a separate saucepan. Add butter and thyme as it thickens. Pour over the chicken and vegetables before serving.

Notes

We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed. All vegetables are medium size and peeled, unless specified. All eggs are 55–60 g, unless specified.