COOKING PASSION SINCE 1877

Cajun Chicken with Roasted Carrots

DIFFICULTY: EASY

PREPARATION TIME: 15 MINUTES

COOKING TIME: 1 HOUR 10 MINUTES

SERVES: 4

Ingredients

1kg chicken drumsticks

45g cajun spice

1 bunch thyme

800g carrots

2 bulbs garlic

2 tbsp maple syrup

Olive oil

Salt, pepper

Method

Preheat your oven to 160°C Circo Therm® top and bottom heat. Marinate the chicken thighs with the cajun spice, salt and 2 tablespoons of oil. Spread on a baking tray and bake in the oven for 30 minutes.

Wash the potatoes thoroughly, peel if necessary and cut into lengthy pieces. Halve the garlic bulbs. Wash and drain the thyme.

Remove the chicken from the oven and transfer the thighs from the baking tray to a plate. Spread the carrots, garlic and thyme on the same tray. Pour in 100ml water and maple syrup, season with salt and pepper and mix well. Place the chicken on top of the vegetables, skin side up, and cook in the oven for a further 30 minutes.

Increase the heat to 230°C and roast the chicken and carrots for 10 min.

Arrange everything on a serving dish and serve hot.

Notes

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