

Garlic and lemon chicken

Ingredients

8 chicken thighs/drumsticks
1 head of garlic (unpeeled cloves separated)
A few sprigs of fresh thyme
2 fresh lemons
3 tablespoons of olive oil
100ml chicken stock
Black pepper

Serves 4

Method

Pre-heat oven 170°C/gas mark 3.

Wash chicken pieces, season with black pepper, place into roasting dish.

Add lemon cut into chunks, whole garlic cloves, thyme and olive oil. Mix thoroughly with your hands and spread out leaving the skin side up.

Sprinkle over the chicken stock and cover with foil.

Place in the oven to cook slowly for about 1 hour 30 minutes, this allows the flavours to fully develop.

Remove the foil and turn the heat to 200°C/gas mark 6 and cook for a further 30-40 minutes, until the chicken is golden brown.

Serve warm with rice or potatoes and mixed vegetables or salad.

Did you know your child may be eligible for free school meals?
The process to apply has now been made simpler, so don't miss out.

For more information on school meals visit
www.walthamforest.gov.uk/schoolmeals or call
Waltham Forest Direct on 020 8496 3000.

