

Chinese Style Lemon Marmalade Chicken



Serves 1 Prep 10 mins Cooking 10 mins Easy

Ingredients

200g lemon marmalade
1 tbsp soy sauce
1 tsp sunflower oil
juice and zest 1 lemon
8 chicken thighs, skin on and bone in
2 spring onions, sliced diagonally
rice and stir-fried tender stem broccoli, to serve

1. Heat oven to 200C/180C fan/gas 6. Mix together the marmalade, soy, oil and half the lemon juice. Arrange the chicken thighs on a baking tray lined with foil and spoon over half the marmalade mixture. Roast in the oven for 15 mins.
2. Baste the chicken with the marmalade mix from the bottom of the tray, then spoon over the remaining marmalade mix and cook for another 10 mins. Baste again, then cook for a further 10-15 mins until the chicken is cooked through and golden.
3. Squeeze over the remaining lemon juice, and sprinkle with the zest and spring onions. Serve with rice and stir-fried tender stem broccoli.