

Cranberry & Orange Chicken



Serves 4

Prep 10 mins

Cooking 35 mins

Easy

Ingredients

200g frozen cranberries, defrosted
2 tbsp cornflour
1 garlic clove, peeled & chopped
4 chicken thighs
4 chicken drumsticks
2 tbsp olive oil
1 onion, peeled & chopped
2 oranges, one juiced, 1 cut into slices
2 sprigs rosemary
2 bay leaves
250ml vegetable stock
sea salt & black pepper

1. In a large bowl, mix together the cornflour and chopped garlic, then season with sea salt and black pepper. Add the chicken thighs and drumsticks, and coat thoroughly. In a large ovenproof dish, heat the olive oil, then add the chicken. Fry for 5 mins, then turn over and fry for a further 5 mins. Remove the chicken from the pan and place on a plate
2. Add the onion and sauté for 5 mins, then add the cranberries, orange juice, bay leaves, sprig of rosemary and the vegetable stock. Bring to the boil.
3. Add the chicken back to the dish and simmer for 10 - 12 mins until the sauce thickens and the chicken is cooked through completely. Serve, garnished with the orange slices and remaining sprig of rosemary.