

Honey & Mustard Chicken with Spring Veg



Serves 2 Prep 10 mins Cooking 40 mins Easy

Ingredients

1 tbsp honey
1 tsp mustard
zest and juice of 1 lemon
4 chicken thighs, skin on
300g new potatoes, unpeeled, small ones left whole, larger ones halved
1 tbsp olive oil
100g spinach
100g frozen peas

1. Heat the oven to 200C/fan 180c/gas 6. In a small bowl, mix together the honey, mustard, lemon zest and juice. Pour the marinade over the chicken thighs and season
2. Put the chicken, skin-side up, on a baking tray, and put the new potatoes in another tray with enough room to add the vegetables later. Drizzle the oil over the potatoes and sprinkle with sea salt. Roast in the oven for 35 mins until the chicken skin caramelises and is charred in places.
3. Add the spinach and peas to the roasting tray containing the potatoes and add a little of the roasting juices from the chicken tray. Return to the oven for 2-3 mins until the spinach has begun to wilt and the peas are hot and covered in the sauce.