

Honeyed Chicken with Braised Chicory



Serves 4

Prep 15 mins

Cooking 30 mins

Easy

Ingredients

4 chicken supremes (boned breast with wing tip on), skin on
1 tsp Dijon mustard
4tbsp olive oil
4tbsp clear honey
flat-leaf parsley, chopped, to serve

For the chicory
4 heads chicory
50g butter
juice 1 lemon

For the crumbs
50g coarse breadcrumbs
olive oil, to drizzle

1. Slash the supremes at intervals, 3 to 4 times without cutting through the chicken completely. Mix together the mustard, oil and honey. Season well. Coat the chicken in the marinade and leave for 30 minutes - or covered in the fridge overnight.
2. Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Put the chicken, skin side up, onto a foil-lined baking tray. Bake for around 20 to 30 minutes until cooked and well browned.
3. Meanwhile, cut the chicory in half lengthways. Melt the butter in a heavy-based pan, and add the chicory in a single layer. Squeeze over the lemon juice and sprinkle over the sugar. Bring to the boil, then cover and leave on a low simmer for 20 minutes or until softened completely.
4. Make the crumbs by tossing the breadcrumbs in olive oil, and toasting in the oven for 5 - 7 minutes.
5. Slice the chicken on the diagonal into 3 pieces. Place on a plate and put a piece of chicory between the slices. Ladle over the buttery sauce, and scatter with the crumbs and parsley.