

Mary Berry Easy Peasy One-pot Fennel Chicken



Serves 4 Prep 20 mins

Cooking 1h 10 mins

Easy

Ingredients

- 2 tbsp olive oil
- 1 large onion, thinly sliced
- 1 large fennel bulb, thinly sliced Submerge in cold water, to stop it going brown.
- 1 red pepper, deseeded and diced
- 2 large garlic cloves, finely grated (optional)
- 200 ml white wine or stock
- 400g tin chopped tomatoes
- 2 tbsp sun-dried tomato paste
- 1 tsp Worcestershire sauce
- 1.25kg small whole chicken
- 4 bay leaves
- 1 lemon, thinly sliced into rounds
- 1 tsp paprika
- 1 tbsp runny honey

1. Preheat the oven to 200°C/180°C Fan/Gas 6.
2. Heat the oil in a deep lidded casserole or large, lidded, ovenproof frying pan over a high heat. Add the onion, fennel & pepper & fry for about 3–4 mins, stirring regularly. Add the garlic & fry for ½ min. Pour in the wine & boil to reduce by half.
3. Stir in the chopped tomatoes, sun-dried tomato paste and Worcestershire sauce, and season with salt and black pepper.
4. Meanwhile, put the chicken upside down on a board. Remove the backbone by cutting either side of the bone with scissors. Turn over and press down on the breastbone to flatten the bird; it is now a spatchcock chicken. Arrange the lemon slices and bay leaves over the chicken.
5. Put the chicken, breast-side up, on top of the veggies in the casserole. Season & bring up to the boil. Cover with a lid & transfer to the preheated oven for 35 mins.
6. Remove the lid and sprinkle the paprika over the chicken and drizzle with the honey. Return to the oven, for about 30 minutes to brown and finish cooking. Or you can return it uncovered and add more stock if it goes dry.
7. To serve, spoon the vegetables on to a hot platter and joint or carve the chicken before arranging the chicken on top of the vegetables.
8. **Mary's Tips:** Prepare the vegetables ahead. Bring the veg back to the boil before adding the chicken and cooking in the oven. Not suitable for freezing.