

Panzanella with lemon & Thyme Chicken



Serves 3

Prep 30mins

Cook 2h 50 mins

Low Fat

Ingredients

For the lemon & thyme chicken

4-6 whole, skin-on chicken thighs
white wine 250ml
lemon thyme 2 sprigs
1 unwaxed lemon

For the Panzanella

3-4 handfuls of ciabatta toasted & cut into chunks
2 tbsp olive oil
4 or 5 vine tomatoes, depending on size
1/2 cucumber cut into small chunks
1 tbsp of red wine vinegar
30g parmesan, grated
1 red pepper, roasted and cut into small chunks
handful basil to serve

To make the Panzanella

1. Tip the bread into a bowl, season to taste with salt and pepper and add the olive oil and half of the red wine vinegar.
2. Remove the tomato skins by placing the tomatoes into boiling water for a few seconds and refreshing in a bowl of cold water. The skins should peel away easily. Add the tomatoes to the bread, along with the cucumber. Add the roasted pepper and mix until well combined.
3. While the chicken is cooking, make the couscous. I use couscous in a bag, to be cooked for 1min 30 sec. Take the bag out as per the packet instructions and fluff up in a bowl.
4. Pour in the remaining red vinegar (if needed), add the parmesan and basil leaves and stir until well combined.

For the roasted lemon thyme chicken

1. Heat the oven to 160C/Fan140/Gas 3. To make the chicken, combine 2 tbsp olive oil with the lemon wedges and the lemon thyme in a roasting tin. Season then add the chicken and toss well to coat. Pour in the wine, cover tightly with foil and cook for 2 hours. Remove the foil and cook for a further 45mins, until the chicken skin is crisp.