

Tunisian Lemon-marinated Poussins



Serves 4

Prep 15 mins

Cooking 50 mins

Easy

Ingredients

4 lemons
4 tbsp runny honey
4 poussins
4 sprigs rosemary
salt and freshly ground black pepper

1. Wash the lemons, then cut in half and squeeze the juice into a bowl, reserving the squeezed lemon skins. Stir the honey into the lemon juice.
2. Place the poussins in a large dish, pour the lemon marinade over and sprinkle with the rosemary sprigs. Season with salt and pepper to taste and add the reserved lemon skins to the dish. Marinate overnight or for at least 1 hour.
3. Meanwhile, line a large roasting tin with foil.
4. Transfer the poussins to the foil-lined tin and spoon over the marinade, adding the lemon skins, and cook in the oven at 200°C/ 180C Fan/ Mark 6 for 40-50 minutes, or until the birds are golden brown and the lemon skins are nicely charred.
5. Serve garnished with the roasted lemon skins.