



Greek lemon roast chicken and potatoes

15'

Hands on

90'

Cook Time

Family

Portion(s)

2

Difficulty



Method

Watch the video in sign language [here](#).

- Preheat oven to 200* C (390* F) Fan.

For the potatoes

- Peel the potatoes and **chop** them in to wedges.
- Place a **pan** over high heat and add olive oil.
- When it gets very hot, add the potatoes.
- Add salt, pepper and a few sprigs of fresh thyme.
- Sauté until golden.
- When ready, transfer to an ovenproof **baking dish** and set aside until needed.

For the marinade

- Beat the garlic, bouillon cube, oregano, lemon rind, lemon juice, extra virgin olive oil, water, honey, mustard and a generous amount of thyme in a food processor, until the garlic completely breaks down and all of the ingredients are combined.

For the chicken

- It is better to wear disposable **gloves** when working with raw **chicken**.
- Place the chicken in a large bowl and pour the marinade over it.
- Massage it on to chicken until it is completely coated.
- You can cook it immediately or refrigerate and let it marinate for up to 1 ½ days. The longer you let the marinade work on the chicken, the tastier it will turn out!
- When ready to cook, place chicken over the potatoes in the baking dish.
- Drizzle any remaining marinade over chicken and potatoes and cover with aluminum foil.
- Roast for 45 minutes, remove aluminum foil and roast for another 30-45 minutes, basting the chicken with the marinade and juices as often as possible.

When ready, serve lemon chicken and potatoes with Greek strained yogurt!

Ingredients

For the potatoes

- 6 potatoes, medium sized
- 4 tablespoon(s) olive oil
- pepper
- salt
- thyme, fresh

For the marinade

- 3-4 clove(s) of garlic
- 1 chicken bouillon cube
- 1 teaspoon(s) oregano, dry
- lemon juice, of 2 lemons
- lemon zest, of 2 lemons
- 50 g olive oil
- 200 g water
- thyme, fresh
- 40 g honey
- 60 g mustard, mild

- 1 chicken, cut into 8 portions

To serve

- 1 tablespoon(s) strained yogurt

Διατροφικός πίνακας

Nutrition information per portion

632 Calories (kcal)	30.0 Total Fat (g)	6.8 Saturated Fat (g)	45.0 Total Carbs (g)
32%	43%	34%	17%
8.3 Sugars (g)	43.0 Protein (g)	4.4 Fibre (g)	1.8 Sodium (g)
9%	86%	18%	30%