

Crispy Harissa Chicken with Braised Cumin and Orange Carrots

Serves 4 to 6

The aromatic spice of the Middle East brings a little warmth to the cold winter months. An easy, 'one-tray' dinner, this dish is packed full of flavour. With a hint of orange and sticky, caramelised carrots this harissa chicken is a real crowd-pleaser.

Preparation time: 1 hour (includes marinating time)

Cooking time: 1 hour

INGREDIENTS

60g harissa paste
1 teaspoon tomato purée
2 teaspoons lemon juice
1 tablespoon flavourless oil e.g. vegetable or corn oil
1kg skin-on chicken thighs and drumsticks
300g baby carrots with leafy tops
30g butter, melted
1 teaspoon ground cumin
1 teaspoon cumin seeds
1 tablespoon maple syrup
1 orange, zest and juice
1 tin chickpeas

To Serve

Small bunch of coriander, roughly chopped
Orange wedges

METHOD

Perfect for this is: Le Creuset Toughened Non-Stick 35cm Rectangular Roaster

1. In a large dish, combine the harissa paste, tomato purée, lemon juice and oil. Score the chicken through the skin and just into the flesh. Add the chicken portions to the baking dish and rub the marinade into each piece, cover and place in the fridge ideally for 1 hour. Preheat the oven to 180°C/ Gas Mark 4.
2. Clean the carrots using a scrubbing brush removing any dirt and place in the Toughened Non-Stick 35cm Rectangular Roaster. Combine the melted butter, cumin powder, seeds, maple syrup and zest and half the juice of the orange. Pour over the carrots, shake to coat and cover the roaster tightly with foil. Roast in the oven for 30 minutes.
3. Take the carrots out of the oven and discard the foil. Drain the chickpeas, scatter into the roasting tin and stir into the carrots and cooking juices. Squeeze over the remaining orange juice. Place the marinated chicken on top of the carrots and chickpeas and return to the oven for a further 30 minutes, until the skin is crispy and the chicken is cooked through.

4. Take to the table and serve with a sprinkling of coriander and extra orange wedges.

Cook's Notes

- If you find the carrots are starting to caramelize too quickly, add a dash of water to the pan to stop them from burning. Note though: you want them caramelised and sticky so don't add too much.

