

Lemon and Olive Chicken

Ingredients

- 4 whole organic chicken legs and thighs OR 1kg chicken cut into 8 pieces
- 1/4 cup red wine vinegar
- 1 teaspoon dried oregano
- 4 large cloves garlic, finely chopped
- 1 preserved lemon, pith scraped off and discarded, finely sliced, or 1 large fresh lemon. The juice squeezed into the dish and the whole lemon skin roughly chopped
- 3/4 cup white wine OR chicken stock
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon salt
- lashings grounds black pepper
- good handful fresh mint
- 1 cup hard un-pitted green olives, squashed until split with the bottom of a jar or side of a large knife

Instructions

Pre heat oven to 175c

Mix all the ingredients together and arrange in a large flat baking pan, burying the fresh mint leaves under the chicken pieces.

Bake for about one hour in the centre of the oven, turning occasionally, until lightly browned and chicken is falling off the bone.

Serve with lashings of seasonal vegetables and mashed kumara to soak up the juices.

If you have any questions or would like to set up an appointment to discuss your health issues, receive nutritional guidance for you and your family, look into possible food allergies and intolerances, or any other aspect of your health, please contact us (details below).

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