

Jamie Oliver's Spiced chicken with sweet potatoes

TOTAL TIME 55 MIN | SERVES 6

2 cloves of garlic

3 lemons

2 dried chilies

1 tsp cumin seeds

sea salt and freshly ground
black pepper

olive oil

3 sweet potatoes (about 7 oz each)

7 oz cured chorizo

1 Certified Humane™ chicken,
cut into 6 parts

1. Preheat your oven to 400°F (200°C). Peel the garlic, peel large strips of zest from the lemons and bash them up in a pestle and mortar with the chilies, cumin seeds and a good pinch of sea salt and freshly ground black pepper. Stir in a few good lugs of olive oil until you have a loose marinade.

2. Peel the sweet potatoes and cut into 2-in. (5-cm) chunks, then remove the skin from the chorizo and cut into 1-in. (2.5-cm) chunks. Place the sweet potato chunks into a large roasting pan so that they fit in one layer. Add the chorizo and chicken, then drizzle over your chili marinade and toss everything together to make sure it's all got a good coating of flavour.

3. Rearrange the chicken pieces so that they're on top of the sweet potato, then put the pan in the oven to roast for 45 min., or until the chicken is crisp and golden. Drizzle with a squeeze of lemon juice and serve with a lovely salad.

**PER SERVING (1/6 OF THE RECIPE): 440 CALORIES | 41 PROTEIN
18 g TOTAL FAT | 6 g SATURATED FAT | 26 g CARBS | 1500 mg SODIUM**

Ingredient and nutrition content of recipes may vary due to changes in product formulation, recipe substitutions, portion size and other factors.