TRAY-BAKED CHICKEN

with OLIVES and SAGE

Serves 4

This dish takes just minutes to prepare and produces a delicious dinner and great leftovers for packed lunches. While you are waiting for the chicken to cook, you could be tucking into a grapefruit starter to take the edge off your hunger, prime your digestive system for the main meal and clock up another plant portion. This goes well with a side of roasted potatoes (just take your cold potatoes out of the fridge, drizzle in extra virgin olive oil and sea salt and a handful of fresh chopped rosemary, if you have some) and a side mountain of rocket leaves drizzled in a little extra virgin olive oil and balsamic vinegar.

1kg chicken thighs and/or drumsticks

3 tbsp extra virgin olive oil

A handful of fresh sage leaves (about 30g), chopped

150g pitted Kalamata olives

4 garlic cloves, peeled and crushed with the back of a

knife

1 tsp sea salt

Freshly ground black pepper, to taste

Heat the oven to 200ºC. Put the chicken in an oven dish, drizzle over the olive oil, sprinkle over the chopped sage, olives, garlic and seasoning and roast for 40 minutes, turning the chicken halfway through the cooking time.

Remove from the oven when the chicken is crispy and cooked through. Test it to see if it is done; pierce the thigh with the tip of a sharp knife and if the juices run clear, the chicken is cooked. Remove the cooked chicken from the oven and leave it to rest for 15 minutes, covered with a piece of tin foil there slice and serve.