

Cajun spiced chicken & roasted carrots

Serves 4

INGREDIENTS

1kg chicken drumsticks
45g cajun spice
1 bunch thyme
800g colourful carrots
2 bulbs garlic
2 tbsp maple syrup
Olive oil
Salt, pepper

ALLERGENS HIGHLIGHTED IN BOLD>



PREPARATION

Preheat your oven to 160°C Circo Therm® top and bottom heat. Marinate the chicken thighs with the cajun spice, salt and 2 tablespoons of oil. Spread on a baking tray and bake in the oven for 30 minutes.

Wash the potatoes thoroughly, peel if necessary and cut into lengthy pieces. Halve the garlic bulbs. Wash and drain the thyme.

Remove the chicken from the oven and transfer the thighs from the baking tray to a plate. Spread the carrots, garlic and thyme on the same tray. Pour in 100ml water and maple syrup, season with salt and pepper and mix well. Place the chicken on top of the vegetables, skin side up, and cook in the oven for a further 30 minutes. Increase the heat to 230°C and roast the chicken and carrots for 10 min.

Arrange everything on a serving dish and serve hot.