

One Pan Prune Glazed Chicken Bake with Sweet Potato & Broccolini, served with Yoghurt Flatbreads



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The flavour combination of this healthy dinner will have you and your family lining up for seconds.

SERVES: 6 | PREP TIME: 20 mins plus baking time | LEVEL OF DIFFICULTY: ●○○

Chicken

INGREDIENTS

- One whole chicken, pieced or a mix of 6-8 chicken pieces (skinless)
- 1 onion
- Small bunch of thyme
- 3 tbsp olive oil
- 2 sweet potatoes
- 1 bunch broccolini

METHOD

1. Heat oven to 160 degrees.
2. Put chopped onion, sweet potato and thyme together in the base of a roasting tray and coat with oil.
3. Place chicken pieces on top.

Prune Glaze

INGREDIENTS

- 10 **Australian prunes**, pitted and finely chopped
- 1 cup red wine
- 1/2 cup water
- 1/2 tbsp apple cider vinegar
- 1½ tbsp honey
- pinch ground cinnamon
- pinch ground ginger

METHOD

1. Put all glaze ingredients into a small saucepan and bring to a boil. Simmer for 10 mins until reduced and thick.
2. Generously paint glaze onto chicken pieces with a pastry brush and bake in the oven for 40 mins or until chicken is thoroughly cooked.

Yoghurt Flatbreads

INGREDIENTS

- 1 cup natural regular fat yoghurt
- 2 cups self-raising flour
- 1 tsp salt

METHOD

1. Pulse ingredients in a food processor until a dough forms, turn out onto a lightly floured surface, knead until smooth, then divide into 6 pieces. Rest for 10 mins, then roll out each piece of dough to 3mm thick and brush with olive oil.
2. Heat a flat pan, griddle or barbecue to high. Cook flatbread in batches, turning once, until puffy and lightly charred (1-2 mins each side). Serve hot.



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