

Roast Spiced Chicken with Rosemary, Garlic, Sweet potatoes & Chilli Jam

This dish is raised a level when its made with really top notch free-range chicken. You can use any chilli jam with this but I love one with a Thai influence. The recipe for Chilli Jam is on the blog.

The chicken:

1 tablespoon olive oil
1 dessertspoon smoked or sweet paprika
2 chicken breast portions, bone in and skin on
Smoked sea salt and freshly ground black pepper
2 red peppers, roasted for 20 minutes in a hot oven (see below)
2 dessertspoons chili jam

For the wedges:

600g *sweet potatoes, peeled and cut into thick wedges or chips
1 tablespoon extra virgin olive oil
1 - 2 cloves crushed garlic
1 dessertspoon fresh chopped rosemary
Smoked sea salt and freshly ground black pepper
*Use butternut squash instead of sweet potato for a lower carb meal



Pre-heat the oven to 180°C fan / 200°C / gas mark 5

Place the potato wedges in a mixing bowl with the olive oil, garlic, rosemary & seasoning . Mix to coat the potatoes thoroughly then tip into a roasting pan. Place the chicken portions on a chopping board and score diagonally 3 times across the top with a sharp knife. Combine the olive oil and paprika and rub over the entire surface of the chicken breasts and season. Place them in a roasting pan over the potatoes and place in a hot oven for 35-40 minutes with the red peppers. Remove the peppers after 15-20 minutes and place in a sealed bag to cool. When the chicken is golden and thoroughly cooked, remove from the roasting pan with potatoes and keep warm. Make a little gravy by adding some water to the base of the roasting dish to release the juices. Thicken with a little cornflour (mix to a paste with water) and stir into the juices until cooked through. Remove the peppers from the bag, peel, discard the seeds and cut into thick strips. Place a heap of potatoes on each plate and top with the red pepper. Place a chicken breast on top and dollop of chili jam. Pour over some gravy and serve immediately. A lightly steamed stack of tender stem broccoli is a great partner to this dish.

