

Ingredients

	5 SERVES	25 SERVES	50 SERVES
Chicken thighs	700g	3.5kg	7kg
Smoked paprika	2 tsp	2.5 tbsp	5 tbsp
Dried oregano	2 tsp	2.5 tbsp	5 tbsp
Washed potatoes	600g	3kg	6kg
Red onion	1	5	10
Red capsicum	1	5	10
Parsnip	1	5	10
Zucchini	1	5	10
Garlic	1	3	5
Kalamata olives	80g	400g	800g
Tomato paste	1 tbsp	5 tbsp	1 cup
Chicken stock	150mL	750mL	1.5L
Fresh parsley	15g	75g	150g
Lemon	1	3	6

Method

1. Preheat oven to 220 degrees Celsius.
2. Rub paprika and oregano into chicken. Brown off chicken in frypan over medium heat. Transfer to a baking dish.
3. Chop potatoes into 2cm pieces and cook in frypan for 5 minutes or until golden brown.
4. Slice onion, capsicum, parsnips and zucchini into thick slices. Crush garlic.
5. Arrange potato, onion, capsicum, zucchini, parsnips, garlic and olives around chicken in tray.
6. Stir through tomato paste and pour stock over vegetables.
7. Bake uncovered in oven for 30-40 minutes or until the chicken and vegetables are cooked through.
8. Garnish with fresh chopped parsley and lemon wedges.

Nutrition, hints and tips

- **Can be served with a side of rice, quinoa or crusty bread for extra fibre and energy**

- **Vegetables can be swapped out for alternatives**