

About 1 hour

Serves 4

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Ingredients:

- 2 tsp (10ml) fennel seeds, toasted
- 2 cloves garlic, chopped
- Juice (40ml) and grated peel of ½ orange
- Juice (30ml) and grated peel of ½ lemon
- Salt and milled pepper
- 8 chicken thighs
- 2 Tbsp (30ml) olive oil
- 2 packets (200g each) baby fennel bulbs
- 1 orange, sliced into rings
- 1 grapefruit, sliced into rings
- 1 lemon, sliced into rings
- 2 Tbsp (30ml) brown sugar
- ½ packet (500g) baby potatoes, halved
- 1 packet (300g) Brussels sprouts, halved
- ¼ cup (60ml) crème fraîche
- 1 Tbsp (15ml) chopped fennel or dill fronds

Method

1. Preheat oven to 180°C.
2. Crush fennel seeds, garlic and citrus peel with a pestle and mortar.
3. Season chicken and rub with oil and fennel-citrus mixture.
4. Arrange fennel bulbs and citrus slices on a greased baking tray.
5. Place chicken on top and pour over orange and lemon juice.
6. Sprinkle with sugar and roast for 15 minutes, basting regularly with pan juices.
7. Add potatoes and roast for a further 10 minutes.

8. Add Brussels sprouts and roast for 10-15 minutes or until chicken is cooked through.
9. Combine crème fraîche and herb fronds. Season.
10. Serve chicken and vegetables topped with herby crème fraîche.

GOOD IDEA

Bake potatoes and Brussels sprouts in a separate baking tray to get them extra crispy

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