

Fattet chicken

Serves 4-6

1 large chicken

Marinade

1/2 lemon, juice

2tbsp olive oil

salt and freshly ground black pepper

pinch of sumac, or a little extra lemon juice

Sauce

40g butter

80-100g pine nuts

4 pitta breads

800ml Greek-style yoghurt

2 garlic cloves, crushed

2tsp tahini

salt and pepper

dash of milk (optional)

400g chickpeas, drained and rinsed

1/2 lemon, juice

1 Preheat the oven to 200°C/gas mark 6. Rub the chicken with a marinade mixture of the lemon juice, olive oil, salt and pepper and sumac. Marinate in the fridge for 30 minutes, if convenient.

2 Roast the chicken breast-side down for the first 30 minutes. Turn it over and allow a further 35 to 45 minutes, or roast until it is completely cooked through, basting it several times with the pan juices.

3 Meanwhile, prepare the sauce. Melt the butter in a non-stick frying pan over a medium heat and sauté the pine nuts until golden. Drain the nuts on paper towel and set aside.

4 Turn on the grill, split the pitta breads open and toast them until crisp. Cut into wedges and cover to keep warm.

5 In a large mixing bowl, mix the yoghurt with the garlic and tahini and season to taste. Mix with a little milk to thin out, if desired. Remove the chicken from the oven, place it on a wooden board, cover with foil and set it aside for a few minutes.

6 Wipe the frying pan clean and strain the chicken roasting juices into it. Add the chickpeas and bring to a simmer to heat them through, adding a little lemon juice as they warm up.

7 Cut the chicken into pieces and arrange on a serving plate. Spoon the chickpeas and the juices around and over the chicken. Arrange the pitta wedges around the edges of the plate and spoon the yoghurt sauce on top.

8 Sprinkle with pine nuts and serve.

Fat	58g	Carbs	18g	Energy	763kcal
Protein	44g	Sodium	.4g	Fibre	0g



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