One-Pot Chicken, Chorizo and Vegetables
(makes 4 servings)

I love a one-pot dish that does it's own thing in the oven! Preparation time is quick and you can get on with a pile of tasks whilst the cooking happens. You can also create something equally delicious with chunky fillets of fish but as fish cooks quickly, don't place them on the bed of vegetables and chorizo until 15 to 20 minutes before the end of the cooking time (less if you are using thin fish fillets).

Ingredients

400g peeled and diced sweet potato
6 cloves garlic, unpeeled
4-6 organic chicken thighs, skin on
75mls chicken or vegetable stock
Half a lemon cut into wedges
2 tablespoons extra virgin avocado or olive oil
Sea salt and freshly ground black pepper
2 small courgettes, wiped and cut into good-sized chunks
1 red chilli, de-seeded and finely sliced
100g chorizo, sliced
1 small bag baby spinach leaves
2 tablespoons roughly chopped fresh parsley leaves

Method

Preheat the oven to 220C/425F/Gas Mark 7

Spread the sweet potato and garlic over the base of a fairly deep roasting tin and place the chicken (skin side up) on top.

Pour the stock in, pop the lemon wedges around the tin, drizzle the oil over the whole lot, season with a good pinch of salt and lots of pepper and place the roasting tin (uncovered) in the middle of the oven for 20 minutes.

Remove the tin from the oven and add the courgettes, chilli and chorizo, mix everything well but still keep the chicken (skin side up) on top and return to the oven for another 20 to 30 minutes or until the chicken is cooked through and the vegetables are 'al dente'.

Remove the tin from the oven again and stuff the spinach and parsley leaves in and around everything - seems like there is way too much (and they can be tricky to control!) but they soon wilt - then return to the oven for 5 to 10 minutes before serving.