

Lime Stuffed Chicken

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour 30 minutes

Chef's Notes

Remove chicken from oven during last 5 minutes, checking for doneness which is done when juices run clear when poked.

Quarter the chicken discarding the stuffing. Place a mound of the lentils in the middle of a plate and then place chicken on time, garnish with fresh lime and a spinach leaf.

Step 1: Preparing the Chicken

Cut the limes into quarters and place in a large bowl

Cut one onion into large pieces about the same size as the limes and place in the bowl

Roughly chop one or two garlic cloves and place in bowl

Pour sesame oil over top, about 1tablespoon.

Now with both hands squeeze the ingredients together in the bowl a few times to help release the flavours and place as much of this mixture as possible inside the chicken. Once you have done this rub the outside of the chicken with any left over juices and then salt and pepper to taste. Place in preheated 375 degree oven.

Step 2: Preparing the lentils

Chop carrots into small squares

Remove stems from Spinach

Slice up garlic

Chop onion into small pieces

Place about 2 tablespoons of olive oil in a deep frying pan, heat on medium high and add onions carrots and garlic, cook until onions are translucent add bay leaves chicken stock lentils and simmer on medium and leave covered for about 15 mins, then add spinach and cover for another 5 mins.