

# Chicken and Pea Traybake

## Ingredients

- 375g/750g of frozen peas
- 30ml/60ml of dry white vermouth, or white wine, or chicken stock
- 1/2 cloves of garlic, crushed
- 1/2 tablespoons of olive oil
- 1/2 pack of dill, finely chopped
- 150g/300g of leeks, cut into 2cm chunks
- 3/8 bone-in chicken thighs

### Optional

- 2/4 medium potatoes
- 2-3/4-6 (depending on size) carrots



## Method

1. Pre-heat the oven to 200°C/Fan-180°C/400°F.
2. Spread the frozen peas into a large roasting pan, followed by the leeks, garlic, vermouth, olive oil, salt and most of the dill. Turn everything together in the pan, breaking up any large clumps of the frozen peas, until well mixed (I advise you to wear rubber gloves for this, just to stop you freezing your fingers, though you still will feel the cold).
3. Arrange the chicken thighs, skin-side up, on top, then drizzle them with a little olive oil and give them a good sprinkling of salt.
4. Place the tray in the oven and bake for 45 minutes.
5. **Optional**
  - a. Add 2-4 tablespoons of oil to a roasting pan and place in the oven to heat
  - b. Peel the potatoes and carrots and cut into approx. 2cm (1in) pieces. Boil the potatoes in a pan of water for approx. 7 minutes
  - c. Drain thoroughly and then add them, and the carrots, to the pan of oil, turning them to ensure all sides are coated with the oil.
  - d. Return to the oven.
6. Remove the chicken and peas from the oven, give the peas a small stir or tamp down, so that the few that are sitting on the surface and drying out a little are submerged in the liquid. Don't do the same to the leeks, however, as the bits that are peeking out will become desirably caramelized in the heat.
7. Put back in the oven for a further 30 minutes, by which time the peas and leeks will be soft, and the chicken tender and cooked through, its skin golden and crisp.
8. Tear off the remaining dill fronds, and scatter over the top before serving.

## Notes

Serves 2/4 – e.g.375g(for 2)/750g(for 4), 1(for2)/2(for 4) cloves of garlic.