

Citrus Chicken Tights

This mouth-watering recipe is ready in just 105 minutes and the ingredients detailed below can serve up to 6 people.

Ingredients

For the citrus chicken marinade

185ml freshly squeezed orange juice, about 2 oranges

2 tbsp grated orange zest

1 tsp salt

2 tsp freshly ground black pepper

1 tsp chiffonade fresh mint leaves

1 1/2 tbsp chiffonade basil leaves

45ml white balsamic vinegar

3 tbsp minced shallots

1 tbsp celery seeds

2kg bone-in chicken thighs

For the glaze

15ml olive oil

1 tbsp minced shallots

1 tsp minced ginger

120g fine-cut orange marmalade

60ml sweet chilli sauce

15ml white balsamic vinegar

60ml reserved marinade, strained

Method

For the citrus chicken:

1) Combine all the marinade ingredients in a large resealable plastic bag and refrigerate for 6 to 8 hours.

2) Preheat the oven to 180C/gas 4. Remove the chicken from the marinade, reserving 60ml of the marinade for the glaze.

3) Put the chicken in a 23cm by 33cm pan. Bake in the oven for 45 minutes.

4) In the meantime, make the glaze. Heat the olive oil in a small saucepan set over medium-high heat. Add the shallots and ginger and fry for 3 minutes. Add the remaining ingredients, reduce the heat and simmer for 15 minutes.

5) Baste the chicken with the glaze, turn the pieces over and bake for an additional 15 to 25 minutes, basting every 7 minutes.

6) Remove the chicken from the oven, arrange it on a platter and serve at once.

