

# Chicken and Fennel Tray Bake

by Healing Family Eats

Prep time: 15 minutes + marinating

Cook time: 45 minutes

Serves: 4-6

## RUB

1 tablespoon dried herbes de Provence

1 teaspoon dried thyme

1 teaspoon dried oregano

1/4 teaspoon fine pink himalayan salt

zest of a lemon

4 tablespoons avocado oil

6 chicken thighs, skin on, bone in

## TRAY BAKE

1 leek, thickly sliced

1 medium fennel bulb, halved and thinly sliced

4 garlic cloves, unpeeled

1 lemon, sliced

2 sprigs fresh oregano

fennel fronds

1-2 tablespoons avocado oil

generous pinch flaky sea salt

1/2 cup mixed olives



Preheat the oven to 425F.

Mix the dried herbs, fine pink salt and lemon zest together with the avocado oil. Put the chicken thighs into a large shallow dish and spoon over the rub. Coat both sides and leave in the fridge for a minimum of 30 minutes, but up to 24 hours.

Line a large roasting or sheet pan with parchment paper and place the leek and fennel inside, together with the chicken and garlic cloves. Lay over the lemon slices, sprigs of oregano and fennel fronds. Pour enough avocado oil to lightly coat the veggies and sprinkle over the sea salt.

Bake for 30 minutes, then remove from the oven and baste the chicken with the juices. Add the olives and return the tray to the oven for a further 15 minutes until the chicken is cooked through.

Serve with a green salad.