THE LIGHTER PLATE METHOD

Greek Yoghurt Chicken Traybake with Lemon and Oregano

A yoghurt marinade keeps the chicken really juicy while everything crisps up on one tray.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**40 min**	**55 min**	**4**	**EASY**

Ingredients

- 8 boneless, skinless chicken thighs
- 150 g Greek yoghurt
- 2 lemons (one juiced, one sliced)
- 2 tsp dried oregano
- 2 cloves garlic (crushed)
- 500 g baby new potatoes (halved)
- 1 red onion (cut into wedges)

Method

1. In a large bowl, mix the yoghurt, lemon juice, oregano, garlic and a good pinch of salt.
2. Add the chicken thighs and turn to coat well. Marinate for at least 20 minutes if you have time.
3. Preheat the oven to 200°C (fan 180°C). Scatter the potatoes and red onion over a large roasting tray with a drizzle of olive oil.
4. Roast for 15 minutes, then push the vegetables to one side and nestle the marinated chicken and lemon slices onto the tray.
5. Roast for a further 25 minutes until the chicken is cooked through and the potatoes are golden.

Tips & swaps

- Chicken breast works too — reduce the final roasting time to about 18 minutes.
- Swap potatoes for sweet potato wedges for a change.

Storage & reheating

Keeps in the fridge for up to 3 days. Reheat in the oven or microwave until piping hot throughout.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
420	**38g**	**28g**	**16g**	**4g**

Estimated values, for guidance only. Contains: Milk.