Spiced Chicken Bake with Cumin Pumpkin Purée

Warm cumin runs through both the chicken and the sweet purée underneath it.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**35 min**	**50 min**	**4**	**EASY**

Ingredients

- 8 chicken thighs (bone-in)
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 600 g pumpkin or butternut squash (peeled and cubed)
- 2 cloves garlic
- 2 tbsp olive oil
- 1 small handful fresh coriander

Method

1. Heat the oven to 200°C (fan 180°C). Rub the chicken with 1 tsp of the cumin, the smoked paprika and a little oil.
2. Toss the pumpkin and garlic with the remaining oil and cumin on a large roasting tray. Nestle the chicken among the pumpkin.
3. Roast for 35 minutes, until the chicken is golden and cooked through and the pumpkin is tender.
4. Remove the garlic and mash it into the softened pumpkin with a fork, leaving it rough rather than smooth.
5. Serve the chicken on the pumpkin purée, scattered with coriander.

Tips & swaps

- Bone-in, skin-on chicken thighs give the best flavour, but boneless works too — reduce the time by about 10 minutes.
- Squeeze a little lime over at the end to brighten everything up.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
410	**32g**	**22g**	**22g**	**5g**

Estimated values, for guidance only.