Oven-baked dish of chicken and vegetables

Recipe by V-ZUG Ltd.

Preparation	20 Mins
Cooking time	30 Mins
Portions	4
Appliance	CombiSteamer V6000 45 from 2021

Greek-inspired tender chicken marinated in savoury yogurt and served with baked vegetables. A simple dish for all those who are time-poor but fancy a plate of good food.

Marinated chicken

2 tbsp Greek yogurt

1 tbsp olive oil

1 tsp dried oregano

1 tsp paprika powder

½ tsp cumin powder

2 sprigs of thyme, leaves pulled off stalks

2 sprigs of rosemary, needles pulled off and finely chopped

2 cloves of garlic, crushed

1 lemon, grated zest and juice

4 chicken thigh steaks (each about 150 g)

Oven-baked dish

500 g baby potatoes, halved

2 sweet peppers, cut into about 2 cm wide strips

1 fennel bulb, cut into thin wedges

1 red onion, cut into wedges

3 tbsp olive oil

1 tsp salt

Some pepper

100 g feta, crumbled

50 g calamata olives, pitted, halved

Marinated chicken

Stir together the yogurt and all the ingredients up to and including the lemon juice in a mixing bowl. Add the chicken, toss in the marinade, cover and allow to marinate in the refrigerator for at least 20 minutes.

Oven-baked dish

Preheat the cooking space to 200 °C using the hot air with steaming mode. Spread the potatoes and vegetable out over a lined baking tray, drizzle over the olive oil and season with salt and pepper. Put the tray into the preheated cooking space and one level above it insert a wire shelf. Take the chicken out of the marinade, place on the wire shelf and cook for about 30 minutes. Plate up the chicken and vegetables, scatter feta and olives over the top.

(Pre-)heat cooking space to 200 °C with Hot air + steaming

Put the food in

Hot air + steaming 200 °C for 30 Mins

Tips

Chicken thigh steaks can be substituted with chicken breasts. Marinate them as above and place in the cooking space on the wire shelf above the vegetables 10 minutes into the cooking time.

For the garlic yogurt, stir together 150 g Greek yogurt, 1 small, crushed clove of garlic and 2 pinches of salt. Serve with the chicken and vegetables.

Accessories

Baking tray

Wire shelf

Additional information

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