

# ZA'ATAR CHICKEN WITH CARMELISED ONIONS & GARLIC



## QUICK

10 mins prep  
plus 30-45 mins  
cooking time

## HEALTHY

Zaatar is a herb mix made of  
Sesame Seeds, Sumac,  
Oregano, Thyme, Cumin &  
Coriander

## FAMILY



Feeds 5

## MEALS

Delicious served with  
boiled new potatoes  
and a green salad

## INGREDIENTS

- 5-8 Chicken pieces
- 2 tbs za'atar
- 2 tsp olive oil
- 1 tsp salt
- 8 grinds pepper

## VEGETABLES

- 6 onions
- 1 bulb garlic
- Drizzle olive oil
- S&P

## METHOD

- 1) Put the oven onto 180°C (Fan oven)
- 2) Peel and halve your onions and place on a large oven tray or in an ovenproof dish
- 3) Halve your entire bulb of garlic (don't peel) add to the tray
- 4) Drizzle with olive oil, then season – you can sprinkle with za'atar too if you like.
- 5) Pop in the oven to start cooking whilst you prep your chicken
- 6) Mix salt & pepper, za'atar and olive oil in a large bowl to form a paste
- 7) Add your chicken pieces and mix well
- 8) Add to the onions and garlic
- 9) Put back into the oven and cook for a further 30-45 mins or until the chicken is cooked through



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To watch a video showing how this is made or to explore more  
Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)