

# Spiced Roast Chicken with Peppers, Aubergine & Onion



## Ingredients

- 1 large aubergine, cut into 1.5 cm cubes
- 2 red peppers, cut into 1cm slices
- 1 yellow pepper, cut into 1cm slices
- 1 red onion, roughly sliced
- 4 vine tomatoes, quartered
- 3 cloves of garlic
- 4 heaped teaspoons ras-el- hanout
- 2 tablespoons olive oil
- 1 teaspoon sea salt flakes

- 4 free-range chicken breasts  
(halved if very large)

## To Serve

- A handful of fresh coriander, chopped
- Natural yogurt
- Cous cous or flatbreads

## Method

1. An easy, all-in-one chicken traybake for a casual dinner with friends, packed with flavourful vegetables. Rather than a long list of spices, I like to use ras-el-hanout for this. It's a readily available Middle Eastern spice mix that adds a lovely warming flavour to the dish. It isn't hot in the way that chili is, so if your guests like spicy food, add a teaspoon of chili flakes as well.
2. Preheat the oven to 180°C fan/200°C/gas 6. Tip the aubergine, peppers, onion, tomatoes and garlic into a large roasting tin along with 2 teaspoons of the ras-el-hanout, 1 tablespoon of olive oil and the sea salt flakes. Mix really well with your hands.
3. Arrange the chicken breasts over the vegetables and drizzle the other tablespoon of oil over them, followed by a good pinch of salt and the remaining ras-el-hanout. Transfer to the oven and roast for 25-30 minutes, until the chicken is cooked through.
4. Serve scattered with the fresh coriander, with yogurt on the side along with a pile of flatbreads or buttery cous cous.

## Source

The Quick Roasting Tin - Rukmini Iyer

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