

Perfect on the *barbecue...*

A super summery recipe for al fresco dining from The Star Inn in Ingatestone. All we need now is the sunshine!

Chargrilled garlic, lemon & parsley chicken with balsamic tomatoes, thyme roasted fennel & new potatoes

Serves 4

Ingredients

- 4 skinless butterflied chicken breasts
- 2 crushed cloves of garlic
- 8 tbsp of olive oil
- 2 tbsp of chopped parsley
- 1 lemon zest & juice
- 4 salad tomatoes
- 100ml balsamic vinegar
- 1 bulb of fennel
- 2 sprigs of thyme
- 400g new potatoes

Method

1. Preheat the oven to 180°C.
2. Start by cutting all the tomatoes in quarters. Place them in a bowl and pour over the balsamic vinegar. Put in the fridge until needed
3. To make the marinade for the chicken, mix together 4 tbsp of olive oil, chopped parsley, lemon zest, juice and garlic. Season to taste.
4. Coat the butterflied chicken in the marinade. Put in the fridge until needed.
5. Cut the new potatoes in half,



place in a bowl. Cut the fennel bulb into quarters, add to the new potatoes and toss together with 4 tbsp of olive oil, the fresh thyme and seasoning.

6. Roast the potatoes and fennel in the oven for 15 minutes, remove from the oven, toss them over and return to the oven for a further 10 minutes. Remove from the oven, add the balsamic tomatoes and cook for a further 5 minutes.

7. Time to cook the chicken. This is great on the barbecue for a lovely smoky taste, but will also work on a chargrill or pan fried.

Cook on a medium heat for 3-5 minutes each side. Make sure it is cooked all the way through.

8. Remove the tray from the oven, toss all together one last time and serve.

The Star Inn, 45 High Street
Ingatestone, Essex CM4 9DU
01277 356441
info@thestar.uk.com
www.thestar.uk.com

Monday, 4pm - 11pm
Tues to Thurs, 11.30am - 11pm
Fri & Sat, 11.30am - Midnight
Sunday, 12 noon - 9pm