

Dukkah and Lemon Roasted Chicken with Beetroot Salad

Emma E. Pears

Chicken

4 chicken marylands
4 tbspsns Greg Malouf Classic Egyptian Dukkah
4 lemons, thickly sliced
4 knobs butter
Salt and pepper
York Extra Virgin Olive Oil for drizzling
Extra butter for roasting pan

Carefully, without tearing, loosen the skin from the meat of each maryland, then push one tbspsn of dukkah and a knob of butter into the pocket.

Butter the base of a roasting pan and lay lemon slices down before placing the chicken marylands on top. Drizzle with the olive oil and season well. Roast at 170°C for 30mins or until juices run clear. Remove from oven and rest while you prepare some couscous (according to the instructions on packet).

Serve chicken on couscous with a traditional Middle Eastern/North African beetroot salad and a green leaf and quail egg salad to the side.

Beetroot Salad

10 small/med beets, trimmed (reserve the baby leaves to put in your green salad)
2 cups Meredith Dairy Sheep Milk Yoghurt
1 clove garlic, crushed
1 lemon, juiced
3Drops Extra Virgin Olive oil to serve
Salt and pepper

Scrub well to remove any grit from the beets. Steam beets whole for roughly 20mins until tender but not soft. Set to the side to cool before trimming root and stems. Dice into 1.5cm pieces.

Whisk olive oil, lemon juice and garlic together. Add the yoghurt a spoonful at a time, mixing well between additions (note: do not add lemon juice mixture to the yoghurt, as this can cause the yoghurt to curdle).

Once the dressing is prepared, add the beets and season to taste. Best prepared several hours or one day in advance. Serve chilled.