

## **Roasted Chicken with Clementines**

### **Marinade:**

2 star anise  
1 tblsp fresh thyme  
2 tblsp fennel seed  
4 tblsp olive oil  
3 tblsp freshly squeezed orange (or clementine) juice  
2 tablespoons grainy mustard  
3tblsp fresh lemon juice  
4 tablespoons light brown sugar or honey  
Salt & pepper

1kg chicken thighs/oyster  
4 clementines/mandarins unpeeled, sliced

### **Method:**

1. Put the first 9 ingredients into a bowl and mix well. Add the chicken & clementines, mix well and leave to rest for a few hours/ overnight.
2. Preheat oven to 190 C. Put the chicken and marinade into baking tin large enough to ensure the chicken is in a single layer with skin facing up. Roast for 35-40 mins. The skin should be crispy.
3. Remove the chicken & clementines to a serving dish. Cover and keep warm.
4. Pour the liquid into a saucepan. Place on medium to high heat until sauce thickens. Pour the sauce over the chicken and garnish with chopped parsley.

Serve with basmati rice and green salad.

## **Sweet potato, spinach, and feta frittata**

1 large sweet potatoes  
2 tblsp olive oil  
2 tblsp grated parmesan cheese  
5 eggs  
salt & pepper  
60 g baby spinach (roughly chopped)  
50 g feta cheese (crumbled in a bowl)

### **Method:**

1. Peel the sweet potato and slice into batons.
2. Heat oil in a large frying pan. Add in potatoes and cook through over a medium heat until the potatoes are just tender and light golden colour.
3. Beat the eggs with the parmesan cheese, add salt & pepper. Add in the potato, spinach, & feta cheese and mix well.
4. Heat oil in frying pan. Pour in the mixture and cook for 2-3 minutes allowing the bottom and sides to set. Run a spatula around the edges to ensure it is not stuck anywhere.
5. To turn the frittata over, place a plate on top of the pan and flip the pan over, transferring the mixture from the pan to the plate. Put a little more oil on the pan and gently slide the frittata from the plate back onto the pan. Cook for another 4-5 minutes and turn out onto a serving dish.

Serve with a green salad.

## **Chocolate hazelnut cheesecake**

200g honey nut cornflakes  
2 x 400g jars chocolate hazelnut spread  
2 x 180g tubs full-fat cream cheese  
1 tbsp roasted and chopped hazelnuts

### **Method:**

1. Put the cornflakes and half a jar of chocolate hazelnut spread in a bowl and beat to combine – don't worry about breaking up the cornflakes. Press the mix into the base of a 23cm springform tin.
2. In a separate bowl, beat the cream cheese until smooth, then fold in the remaining chocolate hazelnut spread. Smooth onto the cornflake base, wrap tightly in cling film and freeze overnight.
3. Remove from the freezer 30 mins before serving, or until you can cut it easily with a sharp knife. Serve in slices with hazelnuts sprinkled over. Will keep in the freezer for up to 1 month.