



# Lemon Caper Chicken

Cooking Time: 40 minutes | Servings: 4 people

## INGREDIENTS:

### Chicken:

- 1 kilogram Chicken thigh fillets – cut into thirds
- 2 tablespoons dried oregano leaves
- teaspoon salt
- 1/2 teaspoon ground black pepper

### Oregano Chips:

- 4-5 large desire potatoes – cut into wedges or chunky chip size
- 1 tablespoons dried oregano leaves
- 1 tablespoons smoked paprika
- S&P & olive oil

### Mixture:

- 1 large brown onion – finely diced
- 4 cloves of garlic – crushed
- 2 tablespoons chopped preserved lemons  
OR zest of 1 lemon
- 2 bay leaves
- 150 grams roast capsicums – sliced
- 100 grams capers
- juice of 1 lemon
- 2 tablespoons fresh thyme leaves
- 1/4 cup finely diced fresh coriander
- 1/3 cup roughly chopped flat leaf parsley
- 1/2 teaspoon ground black pepper

## INSTRUCTIONS:

1. Pre heat oven to 200C fan forced.
  - For the Chips: On a lined baking tray, spread out potato wedges/chips and sprinkle with dried Italian herbs, smoked paprika S&P & olive oil. Bake uncovered for 30-40 minutes uncovered until cooked. (I bake the chips while I get started on the chicken).
2. While chips are baking, marinade chicken with S&P, dried oregano & olive oil and mix well.
3. Place a large non stick skillet on medium high heat and brown chicken for 3-4 minutes each side. Remove and set aside on a separate plate.
4. Turn heat down to medium low, add another glug of olive oil in the same pan, and sauté onions until translucent. Stir through garlic for a minute, or until fragrant.
5. Add preserved lemons or lemon zest, bay leaves, lemon juice, roast capsicum, herbs and the capers in pan and simmer for 3 minutes on low. Season with pepper.
6. Place the chicken back in the pan, lower the heat to low and simmer with the lid on for 7-8 minutes or until chicken cooked through.
7. Serve with oregano chips and a garden salad.

## TIPS & SUBSTITUTIONS:

- Can be served with mash potato or stir through some plain boiled pasta.
- If you do not have preserved lemons, lemon zest will work a treat. Adjust quantity to your tangy liking.
- Chicken breast can be used as well as cuts of chicken with skin such as Maryland.
- If you loathe coriander I am sure you have your top list of herb replacements, however the parsley and thyme is suffice in this recipe, feel free to add some more.
- To add heat to this dish, 1 red chilli can be added at the same time as sautéing the onion.