



# Chicken Tray Bake and Crunchy Bread Salad

Recipe by School Food Matters



Serves 4



45 minutes

## INGREDIENTS

Chicken:

- 8 bone-in, skin-on chicken thighs
- 4 cloves garlic
- 1 red onion
- 50ml vegetable oil
- 4 slices stale bread
- Salt and pepper

Salad:

- 4 tomatoes
- 1 large cucumber
- A handful of leaves (basil, spinach, parsley or cos lettuce)
- 2 tbsp vinegar (preferably malt, but any vinegar will do)

## HOT TIP

A few drops of good fish sauce in the salad adds savoury depth and makes everything taste way more delicious

## DIRECTIONS

1. Heat oven to 200°C. Put chicken, garlic and red onion in a roasting tray. Add vegetable oil, season well with salt and pepper, and roast for 30–35 minutes until golden.
2. While the chicken cooks, chop the tomatoes and cucumber and place in a large bowl with the leaves.
3. Tear bread into chunky pieces. Add to the chicken tray for the final 10 minutes in the oven, turning once so it absorbs the juices and crisps.
4. Remove the tray from the oven. Place chicken thighs onto plates.
5. Tip the hot bread, onions and tray juices into the salad bowl. Toss gently.
6. Season the salad with vinegar, salt and pepper to taste.
7. Plate up and enjoy!



## Afternoons

with Joel Rheinberger  
on 936AM and the ABC listen app

