

healthy body



healthy mind

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Boned chicken thighs with caramelised onion and rosemary stuffing

4 chicken thighs
2 caramelised onion sausages
4 sprigs or rosemary
8 cocktail sticks

Method

This is a great simple dish packed with flavour and can be easily double to feed more people with not much notice.

First the thighs need to be boned. This is fairly easy to do; using a sharp small knife cut around the bone starting at the middle and working your way towards the ends.

Open the thighs up and place skin side down now squeeze half of the meat from one of the sausages out and roll into a smaller sausage that will fit neatly across the chicken.

Place a sprig of rosemary on top of the meat and roll the parcel up securing by stitching with a couple of cocktail sticks.

Try to skewer through the skin on both sides to hold the parcel tightly while being cooked.

Repeat this with all the thighs and place skin side down on a baking tray.

Cook at 200c for around 30-40 minutes, turning half way.