TAYLOR & COLLEDGE

Rose Harissa and Honey Chicken Thighs



Preparation: 45 mins
Portions: 4 Portions

Ingredients

Ingredients chicken

800 g Chicken thigh, bone-in, skin-on
40 g Harissa Paste
30 g Honey
3 tbsp Olive Oil
2 tbsp Taylor & Colledge Rose Flavouring
1 tsp Lemon Zest
1 tsp Salt
1 tsp Ground Black Pepper

Ingredients grain

200 g Bulgur wheat
350 ml Water boiling

Ingredients salad and topping

1 Parsley
leaf Mint Leaves as needed
40 g Almonds whole or flaked

Preparation

1. Marinate the chicken thighs by combining harissa paste, honey, olive oil, Taylor & Colledge Rose Flavouring, lemon zest, salt, and pepper in a bowl. Coat the chicken thoroughly and set aside to marinate for at least 20 minutes (or up to 2 hours in the fridge).
2. Preheat your oven to 200°C. Arrange the marinated chicken thighs skin-side up on a baking tray lined with parchment paper. Roast in the oven for 35 minutes, or until the skin is golden, slightly caramelized, and the chicken is cooked through.
3. While the chicken bakes, cook the bulgur by placing it in a heatproof bowl and pouring boiling water over it. Cover and let it steam for 10-15 minutes, then fluff with a fork and season lightly with salt and olive oil.
4. Roughly chop the fresh parsley and mint. Toast the almonds in a dry pan over medium heat for 3-5 minutes, until they are golden and fragrant. Let cool slightly, then roughly chop.
5. To serve, place a generous scoop of bulgur on each plate. Top with the roasted chicken thighs. Sprinkle with the herb and roasted almond mixture. Optionally drizzle a little extra honey over the top and garnish with a small pinch of Taylor & Colledge Rose Flavouring for an added floral accent.