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GARLIC & HERB CHICKEN THIGHS WITH VEGETABLE STIR FRY





Garlic & Herb Chicken Thighs with Vegetable Stir Fry

Recipe by Chef Edward Hayden

Ingredients

- **Garlic and Herb Chicken Thighs**
- 8 chicken thighs-skin on
- 6 tablespoons Irish Yogurts Clonakilty 0% Kefir Natural
- 2 cloves garlic, crushed
- 1 teaspoon dried oregano
- ½ tsp chili powder
- Juice of 1 lemon
- **Vegetable Stir-fry**
- 1 ½ mixed peppers (sliced thinly)
- 1 medium onion (red or white-sliced thinly)
- 1 red chilli-chopped very finely
- 2 cloves of garlic-chopped
- 5-6 mushrooms (sliced)
- ½ teaspoon of ground cumin
- 4 tablespoons sweet chilli sauce

Directions

- **For the Chicken**
- Preheat the oven to 190°C/375°F/Gas Mark 5
- Mix the yogurt, garlic, oregano, lemon juice, and the chilli powder together in a large bowl and season. Add in the chicken thighs and using your hands (wear gloves if desired) spread over the chicken and then chill for at least twenty minutes
- Put the chicken thighs on a flat baking tray lined with parchment paper and bake in the preheated oven until golden brown, about 30-35 minutes
- Serve on a large platter with some of the vegetable stir-fry and a large dollop of Irish Yogurts Clonakilty Sponable Kefir Natural
- **For the Vegetable Stir-Fry**
- Add a little oil to the wok together with the chilli and garlic and all of the sliced vegetables allow these to cook quickly for approximately 5 minutes on a high heat



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- When the vegetables are almost fully cooked, add in the sweet chilli sauce and allow to cook for a further 2-3 minutes. Sprinkle in the ground cumin at this stage also
- Correct the seasoning of the dish at this stage