





## STICKY CHICKEN WITH BROWN SUGAR CHINOTTO GLAZE

Preparation time: 20 minutes

Cooking time: 2 hours

Serves: 4-6

2 oranges, sliced

2 lemons, sliced

2 cinnamon sticks

2 tsp cloves

6 cardamom pods

12 bay leaves

1 cup dark brown sugar

2 cups orange juice

½ cup breakfast marmalade

1 large chicken (1.8kg)

2 Tbsp extra virgin olive oil

sea salt flakes and freshly-ground

black pepper

Brussels sprouts and baby carrots, to  
serve

**1 Preheat** oven to 180°C. Arrange the citrus slices on a lined oven tray and bake for 45 minutes. Add the spices and bay leaves and bake for a further 15 minutes. Transfer to a saucepan with the sugar, juice and marmalade, then simmer for 20 minutes, until thickened.

**2 Rub** the chicken with olive oil and season with salt and pepper, then arrange in a roasting pan and bake for 40 minutes. Baste with a little glaze and continue baking. Repeat for a further 40 minutes, until the chicken is glazed and firm to touch. Serve on a bed of Brussels sprouts and baby carrots.