

# Honey Orange Chicken with Ras el Hanout

## Ingredients

4 Chicken Marylands  
1 Tbsp finely grated orange rind  
1 large orange, juiced  
2 Tbsp honey  
2 tsp Ras el Hanout  
1 clove garlic, finely minced  
1 good slug of olive oil  
Salt  
Pepper

## Instructions

Mix all marinade ingredients together well in a bowl.

Place chicken in a large ziplock bag, pour over marinade and slosh around to ensure all the chicken is covered.

Leave in refrigerator for 2-4 hours, or overnight.

Preheat oven to 180C.

Bake in a single layer in a shallow roasting pan for 45 minutes or until thighs are done, finishing skin side up.