



## One Pot Caramelized Chicken

### INGREDIENTS

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|-------------------------------|---|
| 1 (4 lb) whole chicken        | 1 TBS kosher salt                             |
| 1 tsp black pepper            | 4 TBS olive oil                               |
| 2 shallots; halved lengthways | 2 lemons; cut into thick rounds, pits removed |
| 4-6 Medjool dates; pitted     | 4 thyme or oregano sprigs plus extra to serve |
| 1 cup water                   | 1 tsp crushed red pepper                      |

### DIRECTIONS

Heat oven to 425 degrees. Season the chicken with salt and pepper. Heat 2 tbsp of the oil in a large Dutch oven over medium-high heat. Put the chicken in the pot, breast-side up pressing lightly to make sure the skin comes into even contact with the base. Cook for 5-8 minutes without moving the chicken, until browned. Add the lemon slices and shallots, ensuring they come in contact with the bottom of the pan. Cook over medium heat until mixture sizzles and is lightly caramelized – about 2 minutes. Add the dates, thyme and water. Sprinkle chicken with pepper and put the lid on. Roast at 20-25 minutes, until the dates are plump, the lemon slices are jammy and the chicken is almost but not totally cooked through. Remove lid and drizzle with remaining 2 tbsp olive oil. Cook for another 20-30 minutes, until the liquid has reduced by ½, the chicken is golden brown and is 160 degrees. Let chicken rest in the pan for 10 minutes. Serve alongside the shallots, lemon slices and dates, with some more thyme sprinkled over.