

Chicken, Bengali Roast Chicken Tray Bake

Servings: 6

Source: Savory Spice Club, Recipe #2016

Ingredients

- 4 tbsps vegetable oil, divided
- 2 tbsps Bengal Bay “Panch Phoron”
- 3-inch piece fresh ginger root, grated
- 6 cloves garlic, Minced
- 2½ tsp ground coriander
- 2 tsp salt, plus more to taste
- 1¼ cups plain yogurt
- 6 bone-in, skin-on chicken thighs
- 1 small butternut squash, peeled, large dice
- 1 red onion, large dice
- 1 fennel bulb, large dice
- 1 poblano chile, deseeded, large dice
- 1 15 oz can garbonzo beans, drained

Method

For tray bake: Heat 2 tbsp oil in skillet over medium heat. Add Bengal Bay and stir for 30 seconds. Add ginger, garlic, coriander, and salt; cook for 2 minutes, stirring constantly.

Remove skillet from heat and add yogurt, stirring to loosen browned bits in pan. Transfer mixture to a gallon size zip top bag. Trim any excess skin from chicken thighs. Add thighs to bag and coat in marinade. Add squash and distribute marinade. Seal and refrigerate for 2 hours or up to overnight.

Preheat oven to 450 degrees and line a large baking sheet with foil. Toss onion, fennel, chile, and marinated squash together on the sheet and drizzle with 1 tbsp oil.

Nestle marinated chicken on top of veggies, skin side facing up. Roast for a total of 45 minutes, turning chicken over every 15 minutes. For the last 15 min. with skin side facing up, drizzle chicken with remaining 1 tbsp oil and scatter the beans among the veggies. Tray bake is done when veggies are fork tender and chicken has reached an internal temp. of 165 degrees on a meat thermometer. Remove from oven and sprinkle with additional salt to taste. Serve warm with yogurt sauce.

Yogurt Sauce

¾ cup plain yogurt
½ tsp ground coriander
grated zest and juice of ½ lemon

Mix all ingredients together and chill until ready to serve.