

Tahini Ginger Roast Chicken & Veggies



Ingredients

3 ½ lbs. Chicken Thighs (6-8)

1 lb. carrots, peeled, ends trimmed cut into thirds

1 medium yellow onion, thinly sliced

6 large cloves garlic, cut in half

1 bunch Kale, rinsed & torn from stems

Tahini Ginger Sauce: 2 tablespoons each of Tahini, Maple Syrup, Tamari, & Dijon Mustard.

About a 2 inch piece of fresh ginger, grated, Juice of an orange & a lemon, & 2 teaspoons kosher salt.

Preparation

Preheat oven to 350 degrees.

Drizzle Olive Oil in a large casserole, add prepared carrots, garlic and sliced onion tossing to coat. Generously salt & pepper chicken thighs.

Combine the Tahini Ginger Sauce ingredients in a blender and mix until the Tahini has dissolved. Pour into a mixing bowl and toss the chicken thighs in the sauce until well covered. Place chicken thighs on top of carrots, onion & garlic in the casserole dish. Add ¾ cup of water to the mixing bowl to get the remaining tahini sauce from the bowl and pour into the casserole dish. Bake for an hour, or more depending on size of chicken thighs,

add more water to the pan if the juices start to dry up.

When chicken is done, heat a tablespoon of olive oil in a sauté pan. Add Kale, sauté over medium heat adding a ladle full of the sauce from the chicken while cooking.

Place kale on a platter and top with the carrots, onions & garlic, finishing with Chicken pieces. Then pour the remaining sauce from the chicken over the top.