

## CHICKEN AND SWEET PEPPERS TRAY-BAKE

SERVES 4 / PREPARE 20 MINS / COOK 1 HR 30-45 MINS

### Ingredients

8	Chicken legs	Salt (optional)
4	Mixed colour sweet peppers	300g Broccoli to serve
200g	New potatoes	
8	Shallots	
2	Garlic cloves	
3 tbsps	Refined olive oil	
6	Fresh parsley springs	
Splash	White wine	
	Ground black pepper	

### Instructions

Pre-heat the oven 180C.

Peel the shallots and garlic cloves and leave whole. Scrub the new potatoes and leave whole unless too big.

Wash the peppers, core and quarter them. Then cut them again in two so you get 8 pieces out of each pepper.

Put the prepared peppers, shallots, garlic cloves and drumsticks in the baking tray. Add the oil, a small splash of wine, salt if using and a few grinds of pepper and mix well to ensure all the ingredients are well coated in the oil mixture.

Transfer to the hot oven and bake for 25min. Then turn the chicken over and bake for another 15-20 min. Check the chicken is done by ensuring there are no pink juices when you stick a sharp knife in the thickest part of the drumstick.

If the bake is looking a bit dry, add another splash of wine or water. Allow the chicken to rest, covered for 10 min.

Serve with steamed broccoli.



### Nutrifacts



**Chicken** contains PROTEIN to help your body heal and grow and it is quite low in saturated fat if you avoid the skin.

**Garlic** is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.

**Sweet peppers** are high in FIBRE to help intestinal transit. Sweet peppers are very high in BETACAROTENE, a VITAMIN A precursor, which acts as powerful antioxidant and helps maintain healthy skin and potassium to help maintain healthy blood pressure. Peppers are also rich in VITAMIN C, an antioxidant that helps support the immune system and POTASSIUM which is important to regulate blood pressure and deficiency may lead to muscle weakness and cramps, constipation & fatigue.

**Parsley** contains VITAMIN C, an antioxidant which also helps support the immune system and VITAMIN K, which promotes blood coagulation and healthy bones.