

Purple Carrot Cook

CHICKEN AND ROOT VEGETABLE TRAY-BAKE

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

Ingredients

8	Chicken legs	Splash	White wine
2	Medium carrots		Ground black pepper
2	Sweet potatoes		Salt (optional)
200g	New potatoes	300g	Broccoli to serve
2	Parsnips		
8	Shallots		
2	Garlic cloves		
3 tbsp	Refined olive oil		
2	Bay leaves		
6	Fresh parsley springs		

Instructions

Pre-heat the oven 180C.

Wash and peel the carrots and parsnips. Chop into 2.5cm pieces. Scrub the sweet potatoes and chop into 2.5 cm pieces as well. Peel the shallots and leave whole. Scrub the new potatoes and leave whole unless too big. They should be approx. the same size as the rest of the veggies.

Put all the prepared veggies, 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.

Carrots and sweet potatoes contain good levels of BETA-CAROTENE, an antioxidant responsible for their bright orange colour that the body can transform in vitamin A. VITAMIN A is fundamental to maintain good vision as well as keeping healthy skin. It also acts as antioxidant which protects our bodies from the damage generated by free-radicals.

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