

Another great recipe

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Food For Health
Food For Life

Roast Chicken with mashed swede, roasted roots & potatoes with green vegetables

Serves 10

Ingredients:	1 tbsp sunflower oil
1 large chicken 1.5-2kg	Knob (10g) of unsaturated margarine
2 large (300g) onions, peeled and quartered	1 Kallo, very low salt stock cube
2 large carrots (280g), peeled and quartered	1 tbsp (15g) plain flour
2 parsnips (170g), peeled and quartered	½ litre water
1 large sweet potato (100g), peeled and chopped into chunks	400g peeled and chopped swede
4 potatoes (400g), peeled and quartered	400g green vegetables

METHOD:

- Pre heat the oven to 240c, 475F, Gas9
- Take chicken out of the fridge
- Prepare root vegetables and potatoes and place them in a large roasting tray pour over the sunflower oil and turn the vegetables with a spoon to ensure they are evenly coated.
- Place the chicken on top of the vegetables and rub the skin with the unsaturated margarine
- Put the chicken and root vegetables into the preheated oven, then turn the heat down to 200c, 400F, Gas 6 and cook for 1 hour 20 minutes
- Place the swede in a saucepan and cover with water, bring to boil, then simmer for approx 1 hour or until soft
- If the chicken is browning too quickly, cover the skin with some tin foil. Check to see if the chicken is thoroughly cooked by seeing if the juices around the leg joint run clear and not pink - if the juices are pink the chicken needs more cooking.
- While the chicken is cooking prepare your green vegetables.
- When the chicken is cooked, remove from the oven and allow to stand for a few minutes. Keep the roasted vegetables warm. Keep the chicken and vegetable juices.
- Meanwhile, make gravy by thickening the juices with the flour, make 500ml of stock using the boiling water and stock cube. Gradually stir in the liquid stock to make gravy.
- Cook the green vegetables and carve the chicken, drain and mash the swede,
- Serve some white and brown meat to each child, with 2 tablespoons of the roasted roots and potatoes and 1 tablespoon (40g) each of the green vegetables and mashed swede and a little gravy.



- ✓ COOK'S TIP- PREPARE EXTRA ROASTED VEGETABLES TO MAKE A PUREE FOR WEANING BABIES
- ✓ FOR VEGETARIAN DIETS, SERVE QUORN FILLET AND GRAVY MADE FROM VEGETABLE STOCK- COOK ROASTED VEGETABLES SEPARATELY
- ✓ FOR WHEAT FREE DIETS, THICKEN GRAVY WITH WHEAT FREE FLOUR

Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
385	35	18	19	0.01	0.6	1.6	49