

All-in-one Roast Chicken & Veg

Ingredients

- 8 baby new potatoes, halved
- 2 tsp olive oil
- 2 carrots, sliced
- 1 courgette, sliced
- 1 leek, sliced
- 1 tsp thyme and rosemary, plus a sprig or two
- 2 small skinless chicken breasts
- 150ml chicken stock



Method

1. Heat oven to 200C/180C fan/gas 6.
2. In a small roasting tray toss the potatoes with the oil, carrots, courgette, leek, herbs and seasoning.
3. Roast for 30 mins until starting to brown.
4. Remove from the oven and give the veg a stir, nestle in the chicken, then return to the oven for 15 mins.
5. Pour over the stock, then cook for 5 mins more or until the chicken and vegetables are cooked through.

Notes

Nutrition: per serving

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
300	7g	1g	27g	10g	5g	34g	0.32g