

Sweet Potato and Chicken Traybake

Ingredients

- 500g sweet potatoes, peeled and cut into 2 cm chunks
- 2 red onions, cut into wedges
- 350g broccoli, broken into florets
- 8 garlic cloves, unpeeled
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 1½ tbsps olive oil
- 1 tsp smoked paprika
- 150ml chicken stock
- 6 skinless chicken thigh fillets, each cut in half
- 2 lemons, 1 juiced and 1 cut into wedges to serve



Method

1. Preheat the oven to gas6, 200°C, Fan-180°C.
2. Add the sweet potatoes, onions, broccoli and garlic to a large roasting tray and sprinkle over the dried herbs. Season and drizzle over 1tbsp of the oil, then toss everything together.
3. Spread the veg out in an even layer and roast for 15 minutes.
4. Remove the tray from the oven and give the veg a good mix. Add the chicken pieces and drizzle with the remaining ½tbsp oil. Squeeze over the lemon juice and sprinkle with the paprika.
5. Return to the oven for 15 minutes.
6. Pour over most of the chicken stock, then roast for a final 15-20 minutes (topping up with a little more stock if it starts to look too dry) until the chicken is cooked through and the veg is completely tender.
7. Squeeze the garlic cloves from their skins and serve with lemon wedges.

Notes

For 4 people.