



ONE PAN ROASTED CHICKEN WITH CAULIFLOWER AND POTATOES

Easy and tasty family dinner in one go

🕒 20 minutes

🕒 1 hour

🍴 6 portions

INGREDIENTS

- 1500 grams of chicken, whole raw
- 1 tsp of salt, table [6 g]
- 1/2 tsp, ground of spices, pepper, black [1 g]
- 1 tbsp of vinegar, balsamic [16 g]
- 2 tps of thyme, fresh [2 g]
- 1 clove of garlic, raw finely minced or grated
- 600 grams of potatoes, white, flesh and skin, raw (use baby potatoes and cut them in half)
- 1500 grams of cauliflower, raw or 1500 grams of broccoli, raw
- 2 unit of shallot, raw thinly sliced
- 24 large olives, black, in brine, pitted sliced
- 1 un of lemon, raw, with peel
- 0.3 cups chopped of parsley, fresh [18 g]

COOKING METHOD

- 1° Preheat oven to 450°F.
- 2° Place chicken in a shallow bowl; season with salt and pepper. Add balsamic vinegar, thyme, and garlic; gently toss to coat and set aside.
- 3° Combine potatoes, cauliflower, and shallots on a large sheet pan (at least 12- X 16-in); toss with oil, salt, and pepper. Spread vegetables out in a single layer; bake until potatoes and cauliflower have started to brown, 20-25 minutes.
- 4° Remove pan from oven; toss vegetables with a spatula. Clear spaces on pan; add chicken, making sure each piece makes contact with pan. Return pan to oven; bake until chicken is cooked through and potatoes are tender, 10-15 minutes.
- 5° Toss in olives; grate lemon zest directly over sheet pan, distributing evenly. Then cut lemon in half and squeeze over top; sprinkle parsley over top and serve immediately.
- 6° Serving size: 3 oz chicken and 1 c vegetables You can use either cauliflower or broccoli as preferred or you can use half / half If using only cauliflower you can opt for the colored one (yellow. Purple. White...)
- 7° You can substitute the potatoes with butternut squash or sweet potatoes

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (658 g)	% DRI
ENERGY	105 kcal	690 kcal	35 %
FAT	6 g	42 g	64 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	116 mg	762 mg	32 %
CARBOHYDRATE	5 g	30 g	10 %
SUGARS	1 g	6 g	—
FIBER	2 g	11 g	44 %
PROTEIN	9 g	57 g	—