



Chicken roasted with winter root vegetables



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

Ingredients

- ☐ 1 small celery root peeled cut into 2½ cm/1in chunks
- ☐ 400 g rutabaga peeled cut into 2½ cm/1in chunks
- ☐ 2 large sweet potatoes and into scrubbed cut into 2½ cm/1in chunks
- ☐ 2 medium parsnips scrubbed quartered
- ☐ 2 large garlic clove thinly sliced
- ☐ 2 tbsp olive oil
- ☐ 0.5 tsp cumin seeds
- ☐ 3 sprigs sage

- ☐ 4 fillet chicken breast boneless skinless
- ☐ 4 slices pancetta

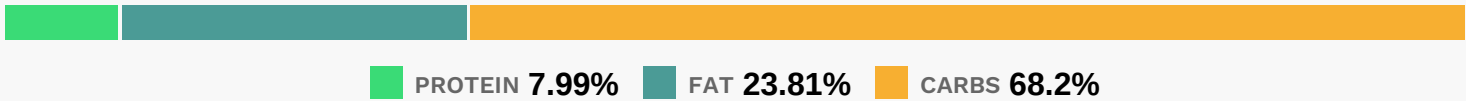
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 200C/gas 6/fan 180C.
- ☐ Put the celeriac, swede, sweet potato, parsnips and garlic in a large roasting tin.
- ☐ Sprinkle with the olive oil and cumin, and season with salt and pepper. Toss the vegetables together so they are lightly coated in oil. Put in the oven towards the top and roast for 30 minutes.
- ☐ Meanwhile, lay a couple of sage leaves on each chicken breast, then wrap each with a slice of prosciutto to enclose.
- ☐ Take the roasting pan from the oven and turn the vegetables over. Now lay the chicken on top. Roast for 30– 35 minutes more, until the vegetables are tender and the chicken is done.
- ☐ Serve with steamed broccoli or lightly cooked Savoy cabbage.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:31.06, Inflammation Score:-10, Nutrition Score:35.178695550431%

Flavonoids

Apigenin: 7.79mg, Apigenin: 7.79mg, Apigenin: 7.79mg, Apigenin: 7.79mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 409.62kcal (20.48%), Fat: 11.25g (17.3%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 72.48g (24.16%),
Net Carbohydrates: 58.28g (21.19%), Sugar: 17.91g (19.9%), Cholesterol: 5.92mg (1.97%), Sodium: 330.72mg
(14.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.99%), Vitamin A: 24126.63IU (482.53%),
Vitamin K: 91.68µg (87.31%), Copper: 1.43mg (71.42%), Vitamin C: 55.76mg (67.58%), Manganese: 1.33mg (66.27%),
Fiber: 14.2g (56.81%), Potassium: 1687.64mg (48.22%), Vitamin B6: 0.84mg (42.08%), Phosphorus: 392.14mg
(39.21%), Magnesium: 120.55mg (30.14%), Vitamin B1: 0.4mg (26.79%), Vitamin B5: 2.62mg (26.25%), Folate:
104.74µg (26.18%), Vitamin E: 3.54mg (23.57%), Calcium: 199.45mg (19.94%), Vitamin B3: 3.78mg (18.88%), Iron:
3.38mg (18.78%), Vitamin B2: 0.29mg (17.08%), Zinc: 1.88mg (12.53%), Selenium: 6.41µg (9.15%)