



Herby dressed turnips & roast chicken



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small meat from a rotisserie chicken
- ☐ 5 tbsp olive oil for rubbing
- ☐ 2 garlic bulbs separated
- ☐ 3 tbsp red wine vinegar
- ☐ 6 turnips peeled halved cut into wedges
- ☐ 1 large handful flat-leaf parsley roughly chopped
- ☐ 1 small handful capers roughly chopped
- ☐ 1 small bunch watercress

- ☐ 100 ml white wine
- ☐ 300 ml chicken stock see

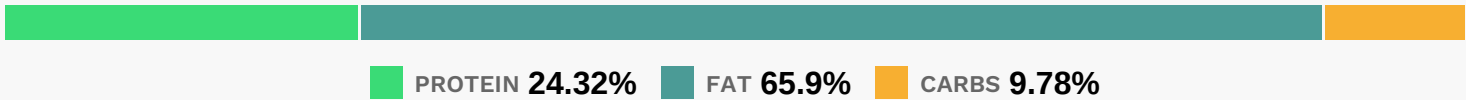
Equipment

- ☐ oven
- ☐ sieve
- ☐ mortar and pestle
- ☐ gravy boat

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Rub the chicken all over with oil and season with salt and pepper.
- ☐ Place in a roasting tin and roast for 1 hr. Scatter the garlic around the chicken and toss in the juices. Return the chicken to the oven for 30 mins more until it is cooked and garlic is soft.
- ☐ Place the chicken on a board to rest. Squeeze all the garlic cloves out of their skins and pound to a paste with a mortar and pestle.
- ☐ Mix with the 5 tbsp oil and the vinegar, then set aside. Make the gravy by adding the white wine to the roasting tin and bubbling down.
- ☐ Add the chicken stock, then pass the gravy through a strainer into a gravy boat.
- ☐ Boil the turnips in salted water for 6 mins until just cooked with a slight crunch. Toss them through the garlicky dressing with the parsley and capers, seasoning to taste. Joint the chicken, scatter with watercress, and serve with the herby turnips on the side.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:6.45, Inflammation Score:-7, Nutrition Score:23.803478489751%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 669.03kcal (33.45%), Fat: 47.3g (72.77%), Saturated Fat: 10.89g (68.08%), Carbohydrates: 15.79g (5.26%), Net Carbohydrates: 12.4g (4.51%), Sugar: 8.44g (9.37%), Cholesterol: 145.11mg (48.37%), Sodium: 377.53mg (16.41%), Alcohol: 2.61g (100%), Alcohol %: 0.65% (100%), Protein: 39.28g (78.57%), Vitamin B3: 14.95mg (74.76%), Vitamin C: 46.18mg (55.98%), Vitamin B6: 0.92mg (45.9%), Selenium: 30.68µg (43.82%), Vitamin K: 45.94µg (43.75%), Phosphorus: 362.01mg (36.2%), Potassium: 844.17mg (24.12%), Vitamin E: 3.24mg (21.62%), Vitamin B5: 2.14mg (21.43%), Vitamin B2: 0.36mg (21.32%), Zinc: 3.16mg (21.1%), Manganese: 0.36mg (17.92%), Magnesium: 66.51mg (16.63%), Iron: 2.74mg (15.24%), Copper: 0.3mg (15.09%), Vitamin B1: 0.22mg (14.99%), Fiber: 3.4g (13.59%), Folate: 45.12µg (11.28%), Vitamin A: 553.06IU (11.06%), Vitamin B12: 0.59µg (9.84%), Calcium: 92.95mg (9.3%), Vitamin D: 0.38µg (2.54%)