



## Honey & black pepper partridge with roasted squash



Vegetarian



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



349 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 oven-ready partridge
- ☐ 4 servings olive oil
- ☐ 250 ml cider dry
- ☐ 2 tbsp clear honey
- ☐ 200 ml chicken stock see
- ☐ 1 butternut squash peeled cut into 2½ cm chunks
- ☐ 3 sprigs thyme stripped

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ kitchen scissors
- ☐ poultry shears

## Directions

- ☐ Cut the backbone out of one of the partridges using a strong pair of kitchen scissors or poultry shears. Turn the bird over, then use your bodyweight and press down on the middle of the breast with the heel of your hand, until the partridge flattens out. Repeat.
- ☐ Heat a little oil in a large non-stick pan. Season the birds with salt and pepper, then brown them quickly 2 at a time in the pan. Lift out, and set aside.
- ☐ Mix the cider with the honey, reserve one-third of the mix, then tip the rest into the pan to deglaze. Stir in the stock, then reduce the liquid down for 5 mins or until you have a syrupy sauce. Season to taste.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Pop the squash into a mixing bowl, toss with most of the thyme, seasoning, a little of the reserved cider mix and 1 tbsp olive oil. Tip onto a non-stick baking tray, then roast for 30 mins.
- ☐ Now toss the partridges in whats left of the cider mix. Grind lots of black pepper over and scatter with a good sprinkling of salt. Nestle the partridges amongst the squash, breast-side up.
- ☐ Sprinkle with a little more thyme. Roast for 15 mins, then remove the birds and let them rest. Turn off the oven and keep the squash warm.
- ☐ Cut the birds into quarters and serve on top of a pile of squash.
- ☐ Drizzle around a little of the sauce and scatter with a little thyme, to serve.

## Nutrition Facts



 **PROTEIN 6.28%**  **FAT 39.03%**  **CARBS 54.69%**

Properties

Glycemic Index:24.32, Glycemic Load:4.55, Inflammation Score:-10, Nutrition Score:16.521304296411%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg

Nutrients (% of daily need)

Calories: 348.92kcal (17.45%), Fat: 15.13g (23.28%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 47.7g (15.9%), Net Carbohydrates: 43.18g (15.7%), Sugar: 15.52g (17.25%), Cholesterol: 9.56mg (3.19%), Sodium: 83.29mg (3.62%), Alcohol: 3.12g (100%), Alcohol %: 1.15% (100%), Protein: 5.48g (10.95%), Vitamin A: 19968.4IU (399.37%), Vitamin C: 40.73mg (49.37%), Vitamin E: 4.73mg (31.54%), Potassium: 766.82mg (21.91%), Manganese: 0.4mg (20%), Fiber: 4.52g (18.07%), Magnesium: 67.19mg (16.8%), Vitamin B6: 0.32mg (16.24%), Vitamin B3: 3.08mg (15.39%), Vitamin B1: 0.21mg (13.71%), Folate: 53.71µg (13.43%), Vitamin K: 10.59µg (10.09%), Calcium: 95.33mg (9.53%), Iron: 1.67mg (9.29%), Copper: 0.17mg (8.52%), Phosphorus: 76.78mg (7.68%), Vitamin B5: 0.76mg (7.6%), Vitamin B2: 0.09mg (5.18%), Selenium: 2.14µg (3.05%), Zinc: 0.39mg (2.59%)