



Honey-mustard roast chicken with bubble & squeak

 Gluten Free

READY IN



130 min.

SERVINGS



4

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 onions cut into 6 wedges
- ☐ 6 carrots cut into large chunks
- ☐ 1 tbsp olive oil
- ☐ 1.6 kg meat from a rotisserie chicken whole free-range
- ☐ 3 tbsp butter soft
- ☐ 1 small savoy cabbage shredded finely
- ☐ 4 spring onion sliced

- ☐ 500 g potatoes leftover mashed
- ☐ 1 tbsp dijon mustard
- ☐ 1 tbsp clear honey

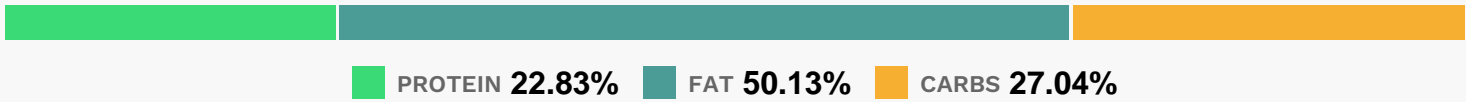
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Boil the onions and carrots for 4 mins.
- ☐ Drain, then toss with the oil in a roasting tin. Sit the chicken in the middle, smear with 1 tbsp butter and season everything well. Roast for 1 hrs, giving the veg a stir once or twice during cooking.
- ☐ Meanwhile, cook the cabbage and spring onions in 1 tbsp butter in a pan until tender. Stir into the mash, season, then shape into 4 cakes. Set aside.
- ☐ When time is up, check the chicken is cooked through. If it is, mix the mustard and honey, drizzle over the chicken and roast for 5 mins more.
- ☐ Remove and allow to rest.
- ☐ Meanwhile, melt the remaining 1 tbsp butter in a non-stick frying pan. Fry the cakes for 4-5 mins or each side until golden and hot.
- ☐ If you like, remove one whole breast and one leg from the chicken to be cooled, covered and chilled to use in Winter cobb salad the next day (see 'Goes well with'). Carve the rest of the chicken and serve with the cooking juices, veg and bubble & squeak.

Nutrition Facts



Properties

Glycemic Index:88.96, Glycemic Load:24.14, Inflammation Score:-10, Nutrition Score:39.913478001304%

Flavonoids

Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 19.5mg, Quercetin: 19.5mg, Quercetin: 19.5mg, Quercetin: 19.5mg

Nutrients (% of daily need)

Calories: 739.6kcal (36.98%), Fat: 41.73g (64.2%), Saturated Fat: 14.36g (89.73%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 39.93g (14.52%), Sugar: 16.04g (17.82%), Cholesterol: 166.9mg (55.63%), Sodium: 352.04mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.75g (85.5%), Vitamin A: 17082.39IU (341.65%), Vitamin K: 123.5µg (117.62%), Vitamin C: 76.68mg (92.95%), Vitamin B3: 15.81mg (79.03%), Vitamin B6: 1.49mg (74.66%), Phosphorus: 468.37mg (46.84%), Potassium: 1607.5mg (45.93%), Selenium: 31.04µg (44.35%), Fiber: 10.72g (42.87%), Folate: 163.75µg (40.94%), Manganese: 0.71mg (35.42%), Magnesium: 122.68mg (30.67%), Vitamin B5: 2.72mg (27.16%), Vitamin B1: 0.41mg (27.15%), Zinc: 3.64mg (24.24%), Vitamin B2: 0.4mg (23.38%), Iron: 3.89mg (21.59%), Copper: 0.39mg (19.28%), Vitamin E: 2.23mg (14.88%), Calcium: 138.92mg (13.89%), Vitamin B12: 0.61µg (10.22%), Vitamin D: 0.38µg (2.56%)