



Right-every-time roasties

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 kg roasting chickens peeled
- ☐ 2 tbsp flour plain
- ☐ 1 tbsp flour
- ☐ 5 tbsp goose fat
- ☐ 5 tbsp vegetable oil

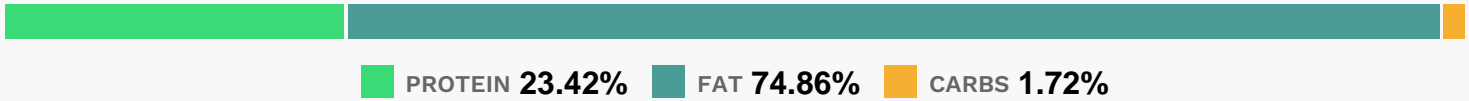
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Cut the potatoes into quarters, or eighths if really large you want to end up with even-size 5cm pieces.
- ☐ Put the potatoes in a large pan of salted water and boil for 5 mins, just until the outside of the potato starts to soften. To check, try scraping a potato with a fork it should be easy to make a mark but you shouldnt be able to slide it into the flesh.
- ☐ Drain really well.
- ☐ Return to the pan and scatter over the flour and polenta (if using) and a little salt.
- ☐ Place a lid on top of the pan and give it a couple of good shakes, coating the potatoes in the flour and polenta and lightly crushing the sides.
- ☐ Heat oven to 190C/170C fan/gas
- ☐ Place the goose fat and oil in a roasting tin large enough to hold all the potatoes in one layer and heat in the oven for 5 mins. Quickly tip the potatoes in and return to the oven. Cook for 30 mins, turning once, then increase the heat to 220C/200C fan/gas
- ☐ Cook for 20 mins more or until crisp all over.
- ☐ Sprinkle with a little more salt, then serve.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:1.55, Inflammation Score:-8, Nutrition Score:15.581739049891%

Nutrients (% of daily need)

Calories: 546.1kcal (27.31%), Fat: 44.73g (68.81%), Saturated Fat: 11.56g (72.28%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.01g (0.01%), Cholesterol: 164.95mg (54.98%), Sodium: 125.98mg (5.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.48g (62.96%), Vitamin B3: 11.9mg (59.48%), Selenium: 22.14µg (31.63%), Vitamin A: 1538.47IU (30.77%), Phosphorus: 304.16mg (30.42%), Vitamin B12: 1.81µg (30.11%), Vitamin B6: 0.59mg (29.26%), Vitamin B2: 0.33mg (19.17%), Vitamin B5: 1.87mg (18.72%), Zinc: 2.36mg (15.7%), Vitamin K: 15.64µg (14.9%), Iron: 2.63mg (14.62%), Folate: 52.6µg (13.15%), Potassium: 360.71mg (10.31%), Magnesium: 35.29mg (8.82%), Vitamin B1: 0.13mg (8.65%), Vitamin E: 0.91mg (6.09%), Copper: 0.11mg (5.68%), Vitamin C: 4.38mg (5.31%), Manganese: 0.07mg (3.42%), Calcium: 18.67mg (1.87%)