



Roast chicken & sticky carrots

 Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



718 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bunches carrots
- ☐ 1.8 kg chicken free-range
- ☐ 1 optional: lemon
- ☐ 1 head garlic
- ☐ 1 tsp cumin seeds
- ☐ 1 tsp clear honey
- ☐ 85 g butter softened
- ☐ 1 bunch parsley

☐ 1 sprig bay leaves

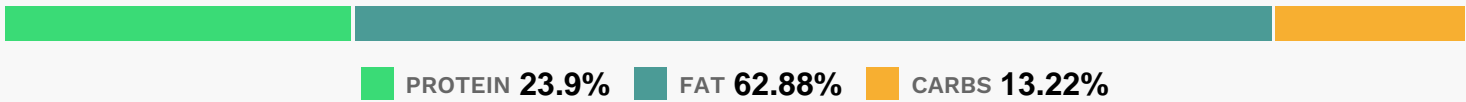
Equipment

☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C /gas
- ☐ Trim the leaves off the carrots. Scrub the carrots if muddy, but leave them whole. Tip them into a roasting tray that will be a snug fit for the carrots with the chicken on top. Halve the lemon and finely chop two of the garlic cloves. Squeeze a little lemon juice over the carrots, then toss in the chopped garlic, cumin seeds, honey, half the butter, plenty of pepper and a little salt.
- ☐ Pick the leaves from the parsley and set aside. Push the parsley stalks, the lemon halves, the remaining garlic and the sprig of bay into the cavity of the chicken and season with plenty of pepper and salt if you want to.
- ☐ Sit the chicken directly on top of the carrots and smear the remaining butter over the breast. Roast the chicken for 30 mins until starting to brown, then remove from the oven. Lift the chicken onto a board and give the carrots a good stir to make sure theyre completely coated in all the juices. Return the chicken to the roasting tray, baste the breast with the juices and continue to roast for a further 40-50 mins until cooked all the way through.
- ☐ Lift the chicken onto a board and leave to rest for 10 mins. Meanwhile, roughly chop the reserved parsley leaves. A few mins before serving, place the carrots over a low heat until sizzling, then stir the parsley through the carrots. To serve, sit the chicken either back on top or serve the chicken and the carrots separately

Nutrition Facts



Properties

Glycemic Index:60.4, Glycemic Load:7.4, Inflammation Score:-10, Nutrition Score:33.665217275205%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg,

Naringenin: 0.15mg Apigenin: 30.7mg, Apigenin: 30.7mg, Apigenin: 30.7mg, Apigenin: 30.7mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 2.43mg, Myricetin: 2.43mg, Myricetin: 2.43mg, Myricetin: 2.43mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 717.92kcal (35.9%), Fat: 50.54g (77.75%), Saturated Fat: 20.34g (127.1%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 17.64g (6.41%), Sugar: 10.39g (11.54%), Cholesterol: 207.69mg (69.23%), Sodium: 415.86mg (18.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.22g (86.44%), Vitamin A: 30462.76IU (609.26%), Vitamin K: 261.01µg (248.59%), Vitamin B3: 16.66mg (83.32%), Vitamin C: 49.1mg (59.51%), Vitamin B6: 1.12mg (55.98%), Selenium: 32.65µg (46.64%), Phosphorus: 408.39mg (40.84%), Potassium: 1113.23mg (31.81%), Vitamin B5: 2.6mg (26.04%), Fiber: 6.26g (25.03%), Zinc: 3.54mg (23.63%), Manganese: 0.47mg (23.57%), Vitamin B2: 0.4mg (23.27%), Iron: 4.09mg (22.7%), Magnesium: 77.32mg (19.33%), Vitamin B1: 0.28mg (18.88%), Folate: 71.28µg (17.82%), Vitamin E: 2.43mg (16.22%), Calcium: 131.39mg (13.14%), Copper: 0.24mg (11.93%), Vitamin B12: 0.71µg (11.76%), Vitamin D: 0.43µg (2.88%)