



Roast chicken with salsa & garlic mash



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 chicken legs
- ☐ 8 garlic cloves unpeeled
- ☐ 5 tbsp olive oil
- ☐ 3 leaves bay plus extra for decorating, if you like
- ☐ 200 g stoned olives green
- ☐ 2 small bunches flat-leaf parsley finely chopped
- ☐ 2 juice of orange
- ☐ 0.5 juice of lemon

- ☐ 2 chillies red deseeded finely chopped
- ☐ 3 tubs ready-made potato from a supermarket mashed per pack

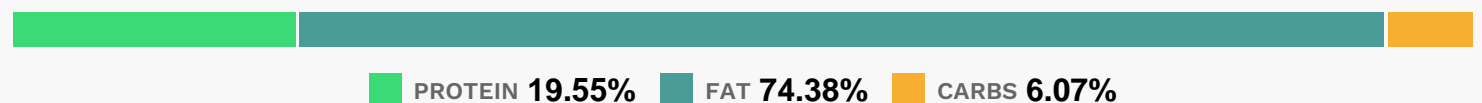
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Mix the chicken and garlic with 1 tbsp oil in a shallow roasting tin, then poke around a few bay leaves.
- ☐ Sprinkle tsp black pepper and tsp sea salt over the chicken pieces and roast for 30 mins. After 30 mins, fish out the garlic, increase the oven temperature to 220C/200C fan/gas 7 and roast the chicken for 15–20 mins more until golden, crispy and cooked through.
- ☐ While the chicken is cooking, pulse the olives in a food processor to roughly chop, then scrape into a serving bowl.
- ☐ Add the flat-leaf parsley, chillies, orange zest, orange juice, lemon juice, remaining olive oil and some seasoning. Set aside at room temperature until ready to serve.
- ☐ Squeeze the roasted garlic cloves out of their skins and mash with a fork. About 10 mins before you want to serve, heat the mash in a pan or microwave 3 packs will take about 8–10 mins on High. When hot, empty into a serving dish, stir in the mashed garlic and serve with the roast chicken, olive salsa and some salad leaves, dressed with the juice of the remaining half lemon.

Nutrition Facts



Properties

Glycemic Index:40.46, Glycemic Load:1.99, Inflammation Score:-5, Nutrition Score:14.382608636566%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 2.75mg, Hesperetin: 2.75mg, Hesperetin: 2.75mg, Hesperetin: 2.75mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 450.72kcal (22.54%), Fat: 37.49g (57.68%), Saturated Fat: 7.94g (49.62%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 5.27g (1.92%), Sugar: 2.76g (3.07%), Cholesterol: 119.8mg (39.93%), Sodium: 631.03mg (27.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.17g (44.35%), Vitamin C: 34.8mg (42.18%), Selenium: 24.17µg (34.53%), Vitamin B3: 6.49mg (32.46%), Vitamin B6: 0.57mg (28.26%), Vitamin E: 3.35mg (22.36%), Phosphorus: 218.22mg (21.82%), Vitamin K: 18.12µg (17.25%), Vitamin B5: 1.39mg (13.86%), Zinc: 2.03mg (13.51%), Vitamin B2: 0.21mg (12.37%), Vitamin B12: 0.72µg (12.02%), Potassium: 389.13mg (11.12%), Vitamin A: 491.84IU (9.84%), Vitamin B1: 0.14mg (9.28%), Iron: 1.62mg (9.01%), Magnesium: 35.82mg (8.96%), Manganese: 0.16mg (8.04%), Copper: 0.15mg (7.66%), Fiber: 1.61g (6.44%), Calcium: 45.42mg (4.54%), Folate: 17.71µg (4.43%)