




Roasted Chicken With Veggies



 10 min

 35 min

 4 Servings

INGREDIENTS

- ☐ Butternut Squash (500 g)
- ☐ Red Potatoes (250 g)
- ☐ Carrots (250 g)
- ☐ Brussels Sprouts (250 g)
- ☐ Olive Oil (2 tbsp)
- ☐ Balsamic Vinegar (2 tbsp)
- ☐ Garlic (2 cloves)
- ☐ Parsley (2 tbsp)
- ☐ Chicken Thighs (8)
- ☐ Oregano (1 tsp)
- ☐ Thyme (1/2 tsp)
- ☐ Basil (1/2 tsp)
- ☐ Rosemary (1/4 tsp)

with salt and pepper and top with chicken in a single layer.

④ Place into oven and roast until the chicken is completely cooked through after about 25-30 minutes. Then broil for 2-3 minutes, or until caramelized and slightly charred.

⑤ Garnish with parsley and serve.

PREPARATION

Chop the butternut squash and parsley, halve the potatoes and brussels sprouts. Mince the garlic.

COOKING

① Preheat oven to 205°C. Lightly coat a baking dish with oil or nonstick spray.

② Season chicken with oregano, thyme, basil, rosemary, salt and pepper. Set aside.

③ Place butternut squash, potatoes, carrots and brussels sprouts in a single layer onto the baking sheet. Stir in olive oil, balsamic vinegar and garlic. Season

