



AUTUMN CHICKEN & VEGGIE BAKE

SERVES 2 PREP ~ 10mins SUITABLE FOR: Gluten Free

This 1-tray bake is mega-easy to make. It inspires Autumn through its dark orange & green colours & welcoming flavours of rosemary & thyme. It is a nicely balanced meal & so suitable for most occasions. It is high in numerous vitamins & minerals, especially B-vitamins, important to energy metabolism.



NUTRITION INFO

Health Score 16.6. High in Vit B6, Vit A & Vit C

Kcal	Carbs	Sugar	Protein	Fat	Sat Fat	Fibre
532.4	43.1g	27.1g (30.1%)	44.9g	16g	3.7g (18.3%)	15.1g (50.5%)

INGREDIENTS

- 1 Sweet Potato
- 400g Brussel Sprouts
- 2 Apples
- 4 Chicken Thighs
- 1 Tbsp Olive/Rape Seed Oil
- 1 Tsp Salt & Pepper
- 3 Garlic Cloves
- 1 Tbsp Rosemary
- 1 Tbsp Thyme

METHOD

1. Season the chicken thighs with the rosemary, thyme, salt + pepper.
2. Place all the ingredients on a baking tray & drizzle with olive oil & season.
3. Bake for 30-35 minutes at 200°C

