

Easy chicken & vegetable bake



DYNAMIX
HEALTH & FITNESS

450g fresh chicken breast, cut into large chunks

1 medium-sized red onion, sliced

200g parsnips, sliced

200g sweet potato, diced

2 celery sticks, chopped

150g carrots, sliced

2 vine-ripened tomatoes, chopped

3 garlic cloves, left whole and unpeeled

2 tps butter or olive oil

1 tsp ground cumin

½ tsp ground coriander

1 tsp dried parsley

a good pinch of sea salt and ground black pepper

150ml chicken stock (made with one organic stock cube)

juice of ½ a lemon

Preheat oven to 175°C/350°F.

Place the chicken in a large bowl. Add the chopped vegetables, garlic, butter/oil, dried herbs and spices. Stir well.

Transfer the mixture to a large ovenproof dish and add the stock.

Cover and bake for 25-30 or until the chicken is thoroughly cooked and the vegetables are tender.

Squeeze the lemon juice over the dish. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve with couscous or steamed rice or enjoy on its own.

SERVES 3



PER SERVING:

458 Calories

39g Carbs

53g Protein

10g Fat

