

Recipe Card





Year Round Roast for One

Ingredients

-  2 tbsp olive oil
-  1 large chicken breast, skinless
-  1 large potatoes, halved
-  1 carrot, cut into rounds
-  1 beetroot, cut into wedges
-  1 small onion, cut into wedges
-  1/3 cup of frozen pea
-  3 thyme or rosemary sprigs
-  1 bay leaf
-  Salt and pepper to season

Gravy (optional)

-  150ml chicken or vegetable stock
-  1/2 tbsp plain flour

Equipment List

- Oven
- Oven mitts
- Stove
- Small roasting tray
- Tongs
- Sharp knife
- Chopping board
- Measuring spoons
- Measuring cups
- Microwave (optional)
- Whisk (Gravy)
- Airtight container or shaker (Gravy)



Preparation
10 mins



Cooking
35 mins

Servings
1



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Method

- 1 Preheat the oven to 200°C.
- 2 Rub oil over the chicken, then season.
- 3 Put the potatoes, carrot, onion and beetroot in a small roasting tin with the thyme/rosemary and a bay leaf. Drizzle with remaining oil, season well and toss together to coat everything. Sit the chicken breast on top and roast in the oven for 25 - 30 minute until it is cooked.
- 4 Remove the chicken, potatoes, carrots, onion and beetroot from the roasting tin and set aside.
- 5 Microwave the peas when ready to serve.

Gravy (optional steps)

- 6 Place the roasting tin on the stove over a high heat and add the stock. Bring to a boil, then simmer for a few minutes. plain flour and a small amount of water in an airtight container and shake. Mix into the stock and stir constantly, using the whisk to remove any lumps. Once thickened, take off the heat.
- 7 Serve chicken with the potatoes, beetroot, carrot, peas, onion and gravy.

Additions

- Try doubling the recipe and having leftovers
- Try a different protein e.g. lamb or pork
- Try some different herbs e.g. parsley, smoked paprika, cumin, sage etc.
- Mix up your roasting vegetables - try sweet potato or parsnip
- Change your vegetables try steamed vegetables or salad
- Skip the gravy making and buy ready made gravy

- Make extra gravy and freeze for next time

Tips for silky smooth gravy

- Make sure the liquid is boiling hot!
- Combine flour and cold water in an airtight container and shake it to mix, the lumps will not form this way
- If lumps form you can strain it



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Approx. per serve

Energy	2300kJ
Protein	32g
Total fat	21g
Saturated fat	3.4g
Carbohydrate	46g
Fibre	13g
Sodium	1200mg