

ROAST CHICKEN AND SQUASH

Serves 6

330 calories per serving

Ingredients

6 cloves of garlic

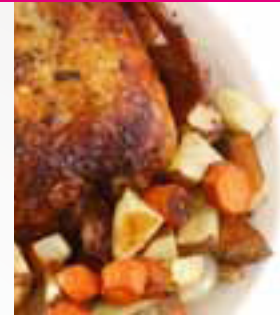
salt and black pepper

olive oil

1.8–2kg chicken

300g sweet potatoes and 1/2 a butternut squash, peeled and chopped into medium-sized pieces

2 red onions, quartered



Method:

- 1 Preheat oven to 220°C.
- 2 Drizzle olive oil over chicken and season with salt and pepper.
- 3 Put the chicken in a roasting tray and cook for 20 minutes, then turn the temperature down to 190°C and continue roasting for another 50 minutes.
- 4 Put the potatoes, squash, red onion and garlic cloves in a separate roasting tray and sprinkle with a little olive oil and sea salt.
- 5 The vegetables need to go in for the last hour.
- 9 Serve the roast chicken (skin off) squash and potatoes as they are or with some broccoli.

Adios tip:

you use any root vegetables you have around instead of our mixed with the squash – carrots, swede, parsnips and sweet potatoes all work just as well.

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: