

Garlic Orange Chicken Bake

Meal time: Dinner

Meal course: Main

Meal type: Meat, Dairy Free, Gluten Free

Difficulty: Easy

Servings: 4

Total time: 1 hour 40 minutes

Ingredients	Nutrition Facts	
8 boneless, skinless chicken thighs		Amount per serving
5 large potatoes	Calories	647
5 carrots	Total Fat	30.9g
1 yellow onion	Saturated Fat	7.6g
1 fresh orange	Cholesterol	180 mg
5 minced garlic cloves	Sodium	1098 mg
3 tablespoons orange juice	Total Carbohydrate	56.2 g
½ teaspoon ground paprika	Dietary Fibre	6.8 g
½ tablespoon salt	Total Sugars	11.7 g
½ teaspoon black pepper	Protein	44.1 g
3 tablespoons extra-virgin olive oil	Vitamin D	0 IU
	Calcium	115 mg
	Iron	3 mg
	Potassium	1861 mg

Instructions

1. Preheat the oven to 180 degrees C.
2. Peel and chop the potatoes, carrots and onion into bite-sized chunks.
3. Put the chicken, potatoes, carrots and onion in a foil-lined baking pan.
4. Cut the orange into 8 slices and add to the baking pan.
5. Sprinkle the orange juice, garlic, paprika, salt and pepper over the chicken and vegetables.
6. Drizzle with oil and toss to coat.
7. Roast for 1 hour and 20 minutes or until the chicken is done and the potatoes are tender.
8. Pop it under the grill for a few minutes for extra browning if you like.

Notes: This recipe is dairy-free and gluten-free. You can switch the potatoes and carrots for similar root vegetables such as parsnips, swede, pumpkin or sweet potatoes if liked, or exchange some or all of the olive oil for a cooking spray to lower the fat content.