



FEED YOUR
FAMILY
FOR £5

ROAST 
SWEET POTATO
AND CHICKEN
TRAYBAKE



INGREDIENTS

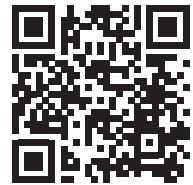
Main Ingredients	Cost £	Veggie Switch	Cost £
1kg Chicken Legs	£2.50	300g Quorn Chicken style pieces	£2.50
2 x Sweet Potatoes	£0.84		
1 1/2 x Red Onions	£0.30		
2g Dried Thyme	£0.11		
2 X Lemons	£0.34		
10g Parsley	£0.12		
30ml Vegetable oil	£0.06		
120g Cauliflower Florets	£0.50		
TOTAL COST	£4.77		£4.77

Prices correct at time of printing and my vary. All items available from leading supermarkets.

Please observe the allergen information on the product packaging.

Based on a family of four.

View our
video online



1.

Pre heat the oven to 180°C

PREPARE THE VEGETABLES

2.

Wash the sweet potatoes and peel the onion. Dice both into bite-sized pieces.

3.

Add to a large bowl with the cauliflower florets and season with half the thyme, salt, pepper and juice of half a lemon. Mix well to combine.

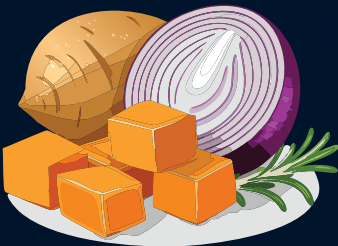
PREPARE THE CHICKEN

4.

Cut each chicken leg in half to separate the thigh and drumstick. Score the chicken pieces with a knife and place them in another bowl.

5.

Season with the rest of the thyme, salt, pepper and juice of half the lemon. Add a splash of olive oil and mix well to marinate.



COOK THE DISH

6.

Arrange the seasoned vegetables and marinated chicken pieces on a baking tray. Place the tray in the preheated oven and roast for 20 minutes.

7.

After 20 minutes, remove the tray from the oven and stir the ingredients to ensure even cooking. Return to the oven and continue roasting until the chicken is fully cooked and golden brown.

8.

Once cooked, remove from the oven. Slice the remaining lemon into wedges and roughly chop the fresh parsley.

9.

Plate the roasted chicken and vegetables, garnishing and serve!

