

*\* Price as of March 2015*

## FoodWise TLC

# Chicken Thighs with Roasted Vegetables

**Serves:** 4  
**Cost:** \*£1.75 per person



### Ingredients

- 4-6 large chicken thighs
- 4 large carrots, peeled and chopped
- 2 parsnips, peeled and chopped
- 2 leeks chopped
- 1 large red onion chopped
- 300g new potatoes, chopped in half
- vegetable oil
- salt and pepper to season

### Method

1. Preheat oven 180c gas mark 4
2. In a fairly large roasting tin add all your chopped vegetables and drizzle with vegetable oil and season with salt and pepper, then give them a stir to make sure the veg is coated with the oil and seasoning.
3. Next place the chicken thighs on top of the veg and brush a little oil on the chicken skin and add a sprinkling of salt over each one.
4. Place roasting tin in the middle of the oven and cook for 30-40 minutes or until chicken is cooked.
5. Serve on warmed plates.