



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

SPANISH ROAST CHICKEN W/ SEASONAL VEGGIES & CHICKPEAS



PREP
10 min



COOK
35 min



SERVES
4

INGREDIENTS:

- > 1 Butterflied Chicken
- > Spanish Spice Mix
- > 1 Can of Chickpeas
- > ½ Butternut Pumpkin
- > 2 Imperfect Sweet Potatoes
- > 1 Punnet of Baby Spinach
- > 2 Brown Onions

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil

METHOD – GET COOKING!



1

Preheat oven to 220°C.

Drain the chickpeas and place them onto a lined baking tray. **Place the chicken on top of the chickpeas** and **season with** 1 tsp of the **Spanish spice mix**, some **salt, pepper** and a drizzle of **olive oil**.

If your chicken is already marinated, just place the chicken atop the chickpeas. **Place into the oven** and **cook** for 25-30 minutes until cooked and golden brown.

2

Cut the butternut pumpkin into half-moons slices and **arrange on** a lined **baking tray**.

Season generously with salt, pepper, a tsp of the Spanish spice mix, and olive oil.

3

Slice the onions and **kumera** into **thin round disks**, place them on a lined baking tray seasoned with salt, pepper and 1 tsp of the Spanish spice mix.

Place in the oven for 25 minutes until crisp and golden brown.

4

Add the spinach to a **hot pan**, **drizzle** with **olive oil** and **sauté** for ½ min.

Serve with the **chicken** and **roasted vegetables**, making sure to use all the juices from the roasted chicken.

BEST PAIRED WITH...



Chenin Blanc

Or even Burgundy Chardonnay for white or Pinot Noir for red – something without too much tannin or alcohol.

ABOUT YOUR LEFTOVER INGREDIENTS...

- Use leftover sweet potato for oven baked sweet potato chips, for sweet potato mash or cook or in another roast dinner.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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