

CURRIED CHICKEN

8 BUTTERNUT TRAY BAKE

I love recipes that save on the washing up, and this one's no exception. It's an easily adaptable dish that will suit all your favorite veggies, so pack them in and get them tray baked.

SERVES 4

PREP TIME: 30 MINUTES

COOK TIME: 60 MINUTES

- 1 teaspoon ground cumin [Stage 1]
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground coriander [Stage 1]
- 1/2 teaspoon ground mace
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground chilli powder
- 4 tablespoons (60 ml) extra virgin olive oil, divided
- 4 large chicken thighs, skin on, bone in
- 1 small butternut squash, cut into wedges
- 1/2 small cauliflower, cut into florets
- 2 small red onions, quartered
- 4 cloves garlic, whole and unpeeled
- 2 limes, halved
- Pinch flaky sea salt
- 1/2 cup (8 g) chopped fresh cilantro

Preheat oven to 400°F (200°C, or gas mark 6).
 Mix the spices with 2 tablespoons (30 ml) of the oil in a small bowl, and coat the chicken thighs with the mixture. Set aside.
 Arrange the chicken in a roasting pan with the squash, cauliflower, onions, and garlic. Lay the lime face down. Drizzle over the remaining oil and sprinkle with sea salt.
 Roast for 45 to 50 minutes, turning the veggies halfway through the cooking time. Remove from the oven and scatter over the cilantro before serving.

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Chilli powder

AIP COMPLIANT Omit chilli powder,

cumin, and ground coriander.

FREEZER-FRIENDLY Yes

LOW FODMAP Sub kabocha squash

for butternut. Sub small head of

broccoli for cauliflower. Sub small fennel

bulb for onions. Omit garlic.

COCONUT-FREE Yes