



Product Spotlight: Jerusalem Artichoke

The Jerusalem artichoke is a variety of sunflower and looks a lot like ginger. It has a lovely sweet and nutty flavour.



Paprika Roast Chicken and Artichokes

with Salsa Verde

Chicken Marylands roasted with smoked paprika, roasted Jerusalem artichokes and fennel, served with a herbaceous salsa verde.



45 minutes



2 servings



Chicken

Switch it up!

Make a pesto instead of a salsa verde! Add ingredients to a jug with some nuts, such as almonds or pine nuts, and use a stick mixer to blend to a smooth consistency.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	59g	83g

FROM YOUR BOX

CHICKEN MARYLANDS	2-pack
JERUSALEM ARTICHOKEs	300g
BABY POTATOES	400g
FENNEL BULB	1
CHERRY TOMATOES	200g
PARSLEY	1 packet
GARLIC CLOVE	1
BABY SPINACH	120g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, smoked paprika, dried oregano

KEY UTENSILS

oven dish, oven tray

NOTES

We recommend roasting the chicken in an oven dish as it will catch and hold the roasting juices which are full of flavour.

A good way to tell if the chicken is cooked through is to poke a knife into the meatiest part, if the juices run clear, the chicken is cooked, if the juices are reddish or pink, the chicken needs to cook for longer.

Reserve any fronds from the fennel and use in the salsa verde or as a garnish to serve.

Add any extra fresh herbs like chives, mint, or spring onion green tops to the salsa verde. You can also add baby capers and substitute red wine vinegar for white wine vinegar.



1. ROAST THE CHICKEN

Set oven to 220°C.

Slash chicken in 3-4 places. Coat in **oil**, **2 tsp smoked paprika**, **salt and pepper**. Place in a lined oven dish (see notes). Place on top shelf of oven and roast for 30-40 minutes until chicken is cooked through (see notes).



4. ADD THE BABY SPINACH

Remove vegetables from oven. Stir baby spinach through roasted vegetables to wilt.



2. ROAST THE VEGETABLES

Slice artichokes and potatoes. Wedge fennel (see notes). Toss on a lined oven tray along with cherry tomatoes, **oil**, **salt and pepper**. Roast for 20-25 minutes until vegetables are tender.



5. FINISH AND SERVE

Add vegetables to oven dish with chicken and stir through roasting juices. Drizzle over salsa verde and serve tableside.



3. MAKE THE SALSA VERDE

Finely slice parsley leaves and tender stems. Add to a bowl along with crushed garlic, **2 tsp oregano**, **1/4 cup olive oil**, **1 tbsp vinegar**, **salt and pepper** (see notes). Stir to combine.

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