

Chicken & Sweet Potato, Herby Sauce & Maple Roasted Parsnips



Serves 2

Prep 10 mins

Cook 30mins

Easy

Ingredients

- 1 lemon, grated zest and juice
- 4 thyme sprigs plus 1 tsp chopped
- 3 tbsp olive oil
- 6 chicken drumsticks. skin scored a few times on each side
- 1 sweet potato (about 350g) unpeeled or peeled if you prefer & cut into wedges
- 1 large sprig of rosemary
- 1 tbsp parsley. chopped
- 300g parsnips, peeled & quartered
- 2 tbsp vegetable oil
- 2 tbsp maple syrup or agave syrup
- 3 thyme sprigs, leaves picked

1. Mix half of the lemon juice, 4 thyme sprigs and 1 tbsp of the oil in a shallow dish. Add the drumsticks and coat them with the marinade. Cover and leave for 20 - 30 mins (or longer) in the fridge.
2. Preheat the oven to 200C, Fan 180C/Gas 6 and put two baking trays in the oven to heat up.
3. Toss the potato wedges in 1 tbsp of the oil to coat well. Add the rosemary leaves from the sprig and spread out the wedges on one of the hot baking trays. Roast for 45 mins - 1 hour, until tender.
4. Meanwhile put the drumsticks with the marinade on the other hot tray and cook for 45 - 50 mins until they are browned and cooked through. Let them rest while the potatoes finish cooking.
5. Make the herb sauce by mixing the remaining lemon juice and zest, oil, chopped thyme and parsley together. Serve the hot wedges on warmed plates with the drumsticks and the herb sauce.
6. For the parsnips, heat the oven to 220C/Fan 200C/Gas 7. Put the parsnips in a large roasting tin with the oil, maple syrup & thyme leaves and some sea salt flakes. Roast for 35-40 mins until soft and sticky. Scatter over a few more sea salt flakes before serving.