



Spring chicken with Brussels sprouts & asparagus

Ingredients: (Serves 4)

1.5kg whole chicken, butterflied
¼ cup white wine
6 garlic cloves
2 rosemary sprigs, leaves picked
6 thyme sprigs, leaves picked
pinch of salt
2 tablespoons olive oil, plus 2 tablespoons extra
2 cups Brussels sprouts, quartered
2 bunches asparagus, trimmed
⅔ cup white quinoa
1 bunch of parsley, roughly chopped
1 shallot, halved lengthways, thinly sliced
¼ cup pumpkin seeds
¼ cup sunflower seeds
¼ cup currants
1 lemon, zested then juiced

Equipment:

Non-slip mat
Chopping board
Sharp knife
Roasting tin
Medium saucepan
Mixing bowls
Strainer
Kitchen shears
Mixing spoon
Tongs

Method:

1. Preheat oven to 220°C (fan-forced). Place chicken in a lined roasting tin. Pour white wine into the bottom of the roasting tin and nestle in garlic. Rub rosemary, thyme, a generous pinch of salt and two tablespoons oil into the skin of the chicken. Roast for 35-40 minutes or until skin is becoming golden brown and crispy. Add Brussels sprouts and asparagus to the pan. Continue roasting for 10-15 minutes or until vegetables are tender and juices run clear in the thickest part of the chicken between the thigh and drumstick. Set chicken aside to rest for 15 minutes before carving.
2. Meanwhile, bring a medium saucepan of water to the boil. Boil quinoa for 10-12 minutes or until tender. Drain and transfer to a large bowl. Stir through parsley, shallot, pumpkin seeds, sunflower seeds and currants. In a separate small bowl, whisk together lemon zest and juice, a pinch of salt and remaining two tablespoons oil. Pour over salad and toss to coat.
3. Divide grain salad between serving plates and top with chicken and vegetables.

Nutrition Information: (Per serve)

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| Energy: | 3476kJ (830cal) | Protein: | 44.4g | Total Fat: | 55.0g |
| Saturated Fat: | 12.9g | Carbohydrate: | 28.0g | Sugars: | 8.9g |
| Fibre: | 9.0g | Sodium: | 199mg | | |