

Roasted Sage Butter Chicken with Potatoes, Turnip and Butternut squash

This is a simple but tasty dish and it's all cooked in one roasting pan. Don't be scared to use butter – it's one of the better fats that you can use, just make sure it's organic. Avoid vegetable oil and use olive/coconut/groundnut/sesame oils or butter when cooking. If you have any leftover cooked potatoes, turnip and squash then head over to the side dishes recipe page and make my potato salad with it the following day which is what I did.



This will feed 4

- 6 medium potatoes, washed and diced with skins left on
- 1 butternut squash, peeled and diced
- ½ turnip/swede, peeled and diced
- 5 fresh sage leaves, chopped up small or 3 tps dried sage
- 2 springs of thyme or 2 tsp dried thyme
- 4 medium sized chicken breasts
- 4 tps. Butter
- 1 tsp olive oil
- 1 tsp celery salt

Preheat the oven to 180°C

Place all of your veg into a roasting pan and drizzle over 1 tsp olive oil and sprinkle over the celery salt. Use your hands to mix this all up and make sure all the veg has a slight coating of oil and salt.

Push the 2 sprigs of thyme into the veg mix and lay your chicken breasts on top of the veg. Spread these out.

Place 1 tsp of butter over the top of each chicken breast and then sprinkle your sage over the chicken and veg. Press some of it down onto the butter.

Cover the roasting pan with foil and cook for 40 mins. The butter will melt over your chicken and into the vegetables, where they will soak up all the flavours. The foil will help to keep the chicken moist. As with all chicken dishes, check that your chicken is cooked through before serving. If using very large chicken breast, you may need a little longer in the oven.

Serve this along with some steamed broccoli or other veg of your choice.