



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 20 mins

Cook time: 60 mins

Serves: 4

LEMON CHICKEN WITH PARSNIP AND BROCCOLI



INGREDIENTS

- 4 chicken breasts (boneless)
- 1 lemon, thinly sliced
- 1/4 cup olive oil
- 4 cloves crushed garlic (or use minced)
- 1 tsp pink salt
- 1/2 tsp ground black pepper
- 2 heads broccoli (or a mixture of cauliflower and broccoli) broken into florets
- 6 large parsnips (or 10 small) peeled and sliced into 1cm pieces
- 1 cup spring onions, thinly sliced
- 1 large red or green capsicum, thinly sliced

METHOD

- Preset oven to 180°C (350°F).
- Grease base of large baking dish, and place lemon slices in a single layer.
- Add chicken breasts over the top in a single layer. (if very thick they can be sliced through to thin, but they may dry out if too thin)
- Next arrange vegetables over the chicken evenly.
- In a bowl combine garlic, salt, pepper and olive oil.
- Pour oil mix over vegetables and place in oven.
- Bake until chicken and vegetables are cooked through, about 1 hour.