



BAKED CHICKEN AND VEGETABLES

ALLERGIES:

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

Prep time: 10 mins

Cook time: 45 mins

Serves: 6

INGREDIENTS

- 12 large chicken drumsticks
- 2 large onions
- 2 large zucchini
- 2 red capsicums
- 3 stalks celery
- 2 large tomatoes
- 1 cup finely chopped parsley
- 1 packet "Celebrate Health" Teriyaki stir fry OR Chinese stir fry
- Pink rock salt and black pepper



METHOD

- Preheat oven to 180°C
- Lay chicken drumsticks onto greased base of large baking dish.
- Roughly chop all vegetables (and parsley) and scatter over the chicken.
- Pour stir fry sauce over the top and place into oven.
- Bake 30 minutes, turn chicken over to the top and bake a further 15- 20 minutes, or until cooked through.
- Serve hot with vegetables of choice.