

# ROAST VEG & CHICKEN WITH TAHINI SAUCE




Serves



Cost per serve



Total prep & cooking time



**WHY WE LOVE THIS RECIPE**  
This tahini sauce is full of calcium, healthy fats, and protein.

**FOOD WASTE TIP**  
A great way to use up sad or wrinkled looking vegetables.

## INGREDIENTS

### Roast chicken



1 tbsp. olive oil



3 carrots, chopped



1 sweet potato, chopped



1/2 pumpkin, chopped



3 onions, chopped



3 parsnips, chopped



1 garlic clove, minced



8 skinless chicken pieces (e.g. thigh or breast)



To serve: 1/2 bunch fresh parsley, chopped (optional)

### Tahini sauce



1/3 cup tahini



2 tbsp. lemon juice + 3 tbsp. water



1 tbsp. maple syrup

## STEPS



Preheat oven to 180°C. Place the chopped carrots, sweet potato, pumpkin, onions, parsnip and garlic in a baking dish and toss in the oil.



Add the chicken pieces on top of the vegetables, and lightly season. Place the baking dish in the oven and cook for 25-30 minutes, tossing halfway through.



In a bowl, make the sauce by combining the tahini, lemon juice and maple syrup. Add a small amount of water if too thick.



Remove the chicken and vegetables from the oven and check that they are cooked through. Pour the tahini sauce over the vegetables and sprinkle with fresh parsley.