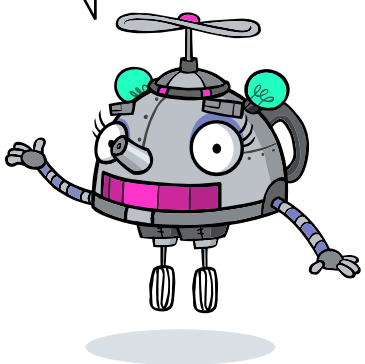
SHOPPING LIST

Roast Chicken

- [ ] Potatoes
- [ ] Carrots
- [ ] Red Onion
- [ ] Granny Smith Apple
- [ ] Garlic
- [ ] Fresh Rosemary
- [ ] Kosher Salt
- [ ] Black Pepper
- [ ] Chicken Thighs

First, check off the items you already have at home.



CUT

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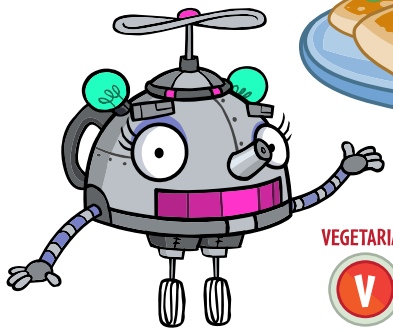
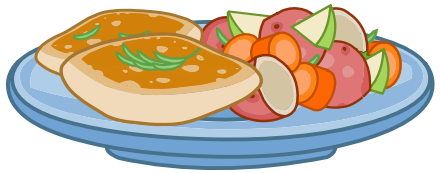
Mixiebot presents

DINNER

Fizzy's Lunch Lab

Roast Chicken





VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	4
NO	More than 1 hour	Hard	

YOU WILL NEED

8 new potatoes, halved if small or quartered if large

2 carrots, peeled and cut into large dice

1 red onion, cut into eighths

1 Granny Smith apple, cut into large dice

2 garlic cloves, minced

1 branch fresh rosemary or **2 teaspoons** dried rosemary

1 teaspoon kosher salt

¼ teaspoon black pepper

4 bone-in, skin-on chicken thighs, trimmed of excess fat

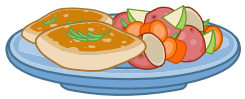
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

1 large Russet potato may be substituted for the new potatoes.

STEP 1: Preheat the oven to 450°. Place the potatoes, carrots, onion, apple, garlic, rosemary, ½ teaspoon of salt and the pepper in a small bowl and mix well. Transfer the vegetables to a large baking pan. Season the chicken with the remaining 1/2 teaspoon of the salt, and arrange on top of the vegetables.

STEP 2: Transfer the chicken to the oven and cook until the juices run clear, about 45 minutes. If using a thermometer, the chicken is done when the internal temperature reaches 170°. Transfer to a large platter and serve immediately.



Nutrition Facts

Serving Size (314g)
Servings Per Container 4

Amount Per Serving	
Calories 330	Calories from Fat 130
	% Daily Value*
Total Fat 15g	23%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 580mg	24%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 19g	

Vitamin A 110%	• Vitamin C 30%
Calcium 4%	• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4