

# Honey Roasted Carrots and Chicken

2 SERVINGS 40 MINUTES



## INGREDIENTS

- 1 lb Chicken Thighs (boneless, skinless)
- 8 Carrot (chopped roughly)
- 1/2 cup Shallot (peeled, cut in half)
- 6 Garlic (cloves, still attached to each other)
- 1 tsp Ginger (thinly sliced)
- 1 tbsp Raw Honey
- 1 tsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt (divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	467	Iron	3mg
Fat	12g	Vitamin D	2IU
Carbs	42g	Folate	69µg
Fiber	8g	Magnesium	93mg
Protein	48g	Zinc	4mg
Vitamin C	20mg		

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 02 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and honey and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 03 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

## NOTES

### RECIPE ID 316

### LEFTOVERS

Refrigerate in an airtight container for up to three days.