

RECIPE OF THE WEEK

Roasted Chicken with Turnip and Lemon Thyme

Ingredients

- 1 lb boneless – skinless chicken breasts
- 1 cup leeks – cut into 2 inch (5 cm) cubes
- 4 cups turnip – cut 2 inches (5 cm) chunks
- 1 tbsp. olive oil
- 1 tbsp. lemon thyme – fresh
- 1/4 tsp. sea salt
- 1/2 tsp. black pepper – freshly ground
- 2 tsp. lemon zest – fresh
- 1/4 cup lemon juice – fresh
- 4 sprigs lemon thyme – fresh (optional as garnish)



Preparation

1. Preheat oven to 350°F.
2. Cut chicken into 2 inch cubes and set aside.
3. Cut leek and turnip into chunks – about 2 inches large. If you have small turnips 3 inches or less, cut them into quarters and set aside.
4. Heat 1/2 tbsp. olive oil in a large skillet over medium-high heat.
5. Add chicken and season with leaves from the lemon thyme, sea salt, and freshly ground black pepper.
6. Sauté chicken until lightly browned for three minutes. Flip over and cook the other side to brown for a few more minutes.
7. Toss browned chicken with the leek and turnip chunks, remaining olive oil, fresh lemon zest, and lemon juice in a large bowl.
8. Toss again and spread out over roasting pan.
9. Bake for 30 minutes or until vegetables are lightly browned and tender.
10. Garnish with sprigs of fresh lemon thyme.

