



# Roasted chicken with sweet potatoes

30'  
Hands on

75'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Ingredients

### For the chicken

- 1.200 g chicken
- lemon juice, of 1 lemon
- 1 tablespoon(s) honey
- 1 tablespoon(s) oregano, dried
- 1 tablespoon(s) mustard
- 2 tablespoon(s) olive oil
- salt
- pepper

### For the sweet potatoes

- 1 kilo sweet potatoes
- 3 tablespoon(s) olive oil
- salt
- pepper
- 1-2 clove(s) of garlic

### To serve

- oregano, fresh, finely chopped
- slices lemon

## Method

### For the chicken

- Preheat the oven to 180° C (350° F) set to fan.
- Place the chicken on your kitchen counter, remove the backbone, and butterfly it.
- In a [bowl](#) add the lemon juice, the honey, the oregano, the mustard, the olive oil, salt, pepper, and whisk well.
- Brush the chicken with the mixture and transfer it to a [baking pan](#) with a rack.
- Roast for 1 hour and 15 minutes.

### For the sweet potatoes

- Cut the sweet potatoes into thin wedges and add them into a bowl.
- Add the olive oil, salt, pepper, and mix well with a serving spoon to coat the sweet potatoes completely.
- Transfer the sweet potatoes to a baking pan and add the garlic. If you want, you can crush it.
- Bake in the oven the last 30-40 minutes before removing the chicken.
- Remove the sweet potatoes and the chicken from the oven.
- Serve with finely chopped fresh oregano and lemon slices.

## Διατροφικός πίνακας

### Nutrition information per portion

305 Calories (kcal)	7.1 Total Fat (g)	1.4 Saturated Fat (g)	28.0 Total Carbs (g)
15%	10%	7%	11%
9.2 Sugars (g)	31.0 Protein (g)	3.0 Fibre (g)	1.4 Sodium (g)
10%	62%	12%	23%