



Roasted Potatoes wth Caramelized Onions

**1 hour 30
minutes**

Hands on

4

Portion(s)

1

Difficulty



Ingredients

- 2 tablespoons olive oil
- 3 onions, sliced
- 500 g medium sized potatoes, peeled and sliced
- 160 ml chicken stock
- 80 g butter, melted
- 8 sprigs of thyme

Διατροφικός πίνακας

Nutrition information per 100 gr.

100 Calories (kcal)	5.6 Total Fat (g)	3.5 Saturated Fat (g)	10.5 Total Carbs (g)
15%	24%	52%	12%
2.7 Sugars (g)	1.2 Protein (g)	1.7 Fibre (g)	0.31 Sodium (g)
9%	7%	20%	15%

Method

- Preheat oven to 180* C (350* F) Fan.
- Heat the olive oil in a pan over medium heat. Add the onions and cook for 3 minutes or until caramelized and slightly golden.
- Line an 8 cup muffin pan with parchment paper.
- When the onions are ready, add some to the bottom of each cup.
- Add a layer of potatoes and then another layer of onions.
- Pour the chicken broth into each cup, dividing it equally among them. Do the same with the melted butter. Top with a sprig of thyme.
- Cover with aluminum foil and bake for 30 minutes. Remove aluminum foil and bake for another 30 minutes until golden brown.