



Baked Chicken & Carrots with Cilantro Lime Sauce

4 servings

30 minutes

Ingredients

- 550 grams Chicken Breast
- 3 Carrot (medium-sized, peeled, roughly chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 1 1/2 cups Cilantro
- 1 1/2 tbsps Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice
- 1 tbsp Water (optional)

Nutrition

Amount per serving	
Calories	307
Fat	17g
Carbs	5g
Fiber	2g
Sugar	2g
Protein	32g
Cholesterol	100mg
Sodium	392mg
Vitamin A	8091IU
Vitamin C	6mg
Calcium	27mg
Iron	1mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the chicken and carrots on the baking sheet. Season with a quarter of the oil and half of the salt. Bake for 25 to 30 minutes or until the chicken is cooked through and the carrots are tender.
- 3 While the chicken is cooking, add the cilantro, ginger, lime and remaining salt to a food processor. With the food processor running, add in the remaining oil. Blend until mostly smooth. Add in the water to thin, if necessary.
- 4 Divide the chicken and carrots between plates and spoon the cilantro lime sauce over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is half a chicken breast, 3/4 cup of carrots and 2 tablespoons of the sauce.

More Flavor: Season chicken and carrots with black pepper, ground ginger, cumin, paprika, garlic powder or chili powder as well before baking.

No Chicken Breast: Use chicken thighs or drumsticks instead.

More Veggies: Add in cauliflower, zucchini or potatoes.