



## One Pan Chicken, Golden Cauliflower & Carrot Fries

2 servings

40 minutes

### Ingredients

2 Carrot (medium)  
 1/2 head Cauliflower  
 3 tbsps Extra Virgin Olive Oil (divided three ways)  
 227 grams Chicken Breast  
 1 tsp Dried Thyme  
 1 tsp Turmeric (powder)  
 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	382
Fat	24g
Carbs	14g
Fiber	5g
Sugar	6g
Protein	29g
Cholesterol	82mg
Sodium	286mg
Vitamin A	10244IU
Vitamin C	75mg
Calcium	70mg
Iron	3mg

### Directions

- 1 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 2 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 3 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 4 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 5 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 6 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 7 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

### Notes

Low FODMAP: Use zucchini instead of cauliflower.