

Oven-Baked Paprika Chicken & Rutabaga(Turnip)

Ingredients:

- 900g chicken thighs (bone-in with skin) or chicken drumsticks
- 900g rutabaga or celery root, peeled and cut into 5 cm pieces
- 1 tbsp paprika powder
- salt and pepper
- ¼ cup olive oil

Instructions:

1. Preheat the oven to 200°C.
2. Place the chicken and the rutabaga in a baking dish. Season with salt, pepper and paprika powder. Drizzle with olive oil and mix well.
3. Bake in the oven until the chicken is well done, about 40 minutes. Lower the heat towards the end if the chicken or rutabaga is getting too golden brown.
4. Mix the mayonnaise with seasoning and serve together with the roasted chicken and rutabaga.

Nutritional Information:

Per serving

Net carbs: 4 % (4 g)

Fiber: 1 g

Fat: 65 % (31 g)

Protein: 31 % (34 g)