

# Roast Chicken, Squashed Potatoes, Cheesy Creamed Spinach

## Ingredients

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- 2 x tins of potatoes
  - 1 tsp salt
  - 1 tsp pepper
  - 2 tbsp oil
- 4 tbsp garlic cloves, minced
  - 1 tbsp thyme
- 6 chicken portions
  - ½ tsp paprika
- 300g carrots, cooked, to serve
  - 200g baby spinach
    - Knob of butter
    - 1 onion, diced
  - 2 tbsp garlic granules
  - 2 tbsp plain flour
    - 300ml milk
- 50g mature cheddar, grated

## Method

- 1.** Put the potatoes into a large roasting tray. Mix 1 tbsp of oil with salt, pepper, and thyme.
- 2.** Scatter the garlic granules among the potatoes and drizzle over the oil mix. Toss the potatoes to ensure they are coated with the oil. Squash down the potatoes with a masher or glass.
- 3.** Mix the remaining 1 tbsp of oil with the paprika and coat the chicken portions with it. Sit the chicken on top of the potatoes.
- 4.** Cook in the oven for 45 minutes at 200°C or the air fryer for 30 minutes at 180°C.
- 5.** Meanwhile, make the creamed spinach. Boil the kettle and tip the spinach into a colander.
- 6.** Pour over the boiling water to wilt the leaves. Leave to cool.
- 7.** Heat the butter in a small pot. Add the onion and cook for 8 minutes until softened. Stir in the garlic and cook for 1 more minute. Pour in the milk a little at a time until you have a smooth sauce. Bring to a gentle simmer and stir until the sauce has thickened.
- 8.** Squeeze out any liquid left in the spinach and chop it up. Add to the sauce along with the nutmeg.
- 9.** Put into a small baking dish and sprinkle over the cheese. Bake in the oven for 15 minutes.
- 10.** Once cooked remove two chicken portions and set aside to use the meat for chicken fried rice later in the week.
- 11.** Serve one chicken portion each with potatoes, creamed spinach and carrots.