

Another potato salad from Netmums member Jenny from Bromley: 'Combine *new potatoes*, crushed *garlic* and some *olive oil* in a baking dish. Bake in a hot oven for 30 minutes or until the potatoes are brown and crisp. Meanwhile cook *a few rashers of bacon* in a frying pan until crisp. Toss the potatoes, bacon and cooked chopped chicken in a bowl with a *couple of tbsp of mayonnaise*, *chives* and a *tbsp of seed mustard* (optional).'

Roast vegetable and chicken salad

Serves 4 children

Suitable for ages 1 year +

Nutrition  Fat  Saturates  Sugar  Salt

800g assorted Mediterranean vegetables (e.g. red pepper, courgette, red onion, aubergine, tomato)

2 nice fresh garlic cloves, left whole

2–3 tbsp olive oil

3 skinless chicken breast fillets, each cut into 4 pieces

salt and pepper

1 tbsp balsamic vinegar

2 tbsp fresh Mediterranean herbs (e.g. basil, oregano)

NUTRITION NOTES

Excellent amounts of vitamin C, beta-carotene, fibre and all kinds of goodies in here.

SERVING SUGGESTION

This goes very well with garlic or crusty bread.

- 1 Preheat the oven to 180°C/350°F/Gas 4.
- 2 Prepare, cut and chop the vegetables as necessary, into large bite-sized pieces and put them, with the garlic, in a roasting dish. Toss very well with 2 tbsp of the olive oil so that they form one layer without too much spare space.
- 3 Roast in the preheated oven for 15 minutes, then add the chicken pieces and toss everything thoroughly again. Roast for a further 25 minutes or until the chicken and vegetables are cooked through and golden.
- 4 Allow to cool slightly then tip into a serving dish and toss with the balsamic vinegar, remaining olive oil and herbs to serve.

Variations

Omit the chicken and use the vegetable salad alone with barbecued lamb chops or steaks.

TIP

The roast garlic flesh can be squeezed from the whole cloves and stirred into the vinegar and oil before adding to the salad, for those who like it.