

# Roast Chicken with persiMon<sup>®</sup>, Fennel and Olives



Adding persiMon<sup>®</sup>, fennel and olives to this classic roast chicken recipe gives a touch of Mediterranean flair to this delicious, home-comfort-food dish.

**Makes 6 servings**

## INGREDIENTS

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| <b>1 whole</b> chicken (3-1/2 pounds, 1.75 kg), cut into <b>8 pieces</b> and breasts halved crosswise | <b>1 persiMon<sup>®</sup></b> , topped and cut into <b>1/2-inch</b> (1 cm) wedges |
| <b>1 tbsp</b> (15 ml) paprika   | <b>1 fennel bulb</b> , topped and cut into <b>1/2-inch</b> (1 cm) wedges          |
| <b>1 tsp</b> (5 ml) salt  | <b>1/2 cup</b> (125 ml) cracked green olives, pitted and halved                   |
| <b>1/4 tsp</b> (1 ml) pepper  | <b>1 tbsp</b> (15 ml) olive oil   |
| <b>2 tbsp</b> (30 ml) parsley, chopped  | salt and pepper   |



## PREPARATION

- Preheat oven to 425°F (220°C).
- Line a rimmed bake sheet with parchment paper. Place the chicken pieces in a large bowl. Add the paprika, salt and pepper and half of the parsley; toss to coat. Place the chicken, skin side down on the tray and bake for 20 minutes.
- Place the persiMon<sup>®</sup> wedges, fennel, olives and remaining parsley in a separate bowl. Add olive oil, season with salt and pepper and toss to coat.
- At the 20 minute mark turn the chicken pieces over. Add the persiMon<sup>®</sup>, fennel and olives to the bake sheet and bake for an additional 20 – 25 minutes, turning once halfway through. Cook until the fennel is browned and the chicken is cooked through. Serve with rice or salad.

## PER SERVING:

336 calories, 20 g fat, 5 g saturated fat, 89 mg cholesterol, 661 mg sodium, 9 g carbohydrates, 3 g fibre, 4 g sugars, 29 g protein.  
% RDI: 4% calcium, 15% iron, 10% vitamin A, 15% vitamin C.

Source: [www.persimoncanada.com](http://www.persimoncanada.com)

