



Heart Failure Warriors Crisp Circuit Meals

Tailored for heart failure-friendly, low-sodium meals with vegetarian options and air fryer friendly ingredients.

Project 003 Air Fryer Roast Chicken Thighs & Drumsticks with Roast Potatoes & Honey-Glazed Carrot-Parsnip Boosters

Ingredients

Staples:

Olive oil spray
Black pepper
Garlic granules
Onion powder
Dried thyme
Dried rosemary
No-salt chicken seasoning (if available)

Main Components:

2 chicken legs (or 2 thighs + 2 drumsticks)
400g baby potatoes (halved)
2 carrots (peeled, cut into batons)
2 parsnips (peeled, cut into batons)
1 tbsp honey
1 tsp Dijon mustard (optional for glaze depth)
1 tsp lemon juice

Directions

1. Pat chicken dry. Rub with olive oil spray and season with pepper, garlic, onion powder, thyme, rosemary, and no-salt seasoning. Marinate 15 mins if time allows.
2. Parboil potatoes for 8-10 minutes. Toss potatoes in olive oil spray, pepper, and rosemary. Preheat air fryer to 180°C.
3. Mix carrots and parsnips with a little oil spray. In a bowl, combine honey, mustard, and lemon juice. Set aside.
4. Add chicken to drawer 1. Cook at 180°C for 25–30 mins, flipping halfway. Internal temp should hit 75°C.
5. Add potatoes to drawer 2. Cook at 180°C for 20–25 mins, shake halfway. At 15 mins remaining, add carrots and parsnips to potatoes. Drizzle with honey glaze and toss.
6. Final Check: Ensure chicken is golden and juices run clear. Veg should be caramelized and tender.

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