



One-dish Roast Chicken Dinner

What other dish can bring people together more than a whole roasted chicken?! A side of freshly roasted vegetables and a juicy roasted chicken, is the best way to bring a lot of essential nutrients and good (lean) proteins to your diet. Potatoes are a source of vitamin C and potassium, in order to be super nutritious, leave the skin on for increased fibre!

INGREDIENTS

- Large whole chicken
- 1kg of baby potatoes (any other type of potato can be used)
- 4 large carrots
- 2 large onions
- 2 garlic bulbs
- 2 lemons
- Fresh thyme
- 50g salted butter
- **Chicken rub ingredients below**
- Extra Virgin Olive Oil
- Salt
- Pepper

HOMEMADE CHICKEN RUB

Mix together:

- 1 tbsp onion powder
- 1 tbsp garlic powder
- 2 tbsp paprika (smoked or sweet)
- 1/2 tsp chilli powder
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp marjoram
- 1/2 tbsp sugar

 Serves 4

 Cost per serving: £2.75

 Time to make: 1hr 30mins

Contains: Milk



METHOD

1. Wash the vegetables and preheat oven to 200 °C
2. Cut the carrots into rounds, onions into quarters and baby potatoes in half, place in an oven dish/tin
3. Drizzle olive oil on top of the vegetables, add salt and pepper to taste, mix together until vegetables are coated
4. Slice the garlic bulbs in half, add 1 bulb to the veg.
5. Prepare the homemade chicken rub
6. Salt the chicken on both sides and inside its cavity
7. Cut the lemons into quarters and place into the cavity along with the remaining halved garlic bulb and 2 sprigs of fresh thyme
8. Place the chicken in the dish/tin on top of the veg
9. Melt butter, pour over the chicken and rub the chicken all over with the dry rub
10. Roast in the oven for approx 1.5hrs
11. Check the chicken is cooked - the juices will run clear when a knife is inserted and the meat should **not** be pink
12. Serve and enjoy!