

# One-Pot Roast Chicken

**Cost per portion:**      **Serves 6**

1            Medium Chicken or 6 Chicken Portions  
2            Cloves Garlic  
1 lrg        Onion  
50 g        Olive Oil  
1            Sweet Potato  
200 g      Potatoes  
3 stalks    Fresh Thyme  
6            Carrots  
3            Parsnip  
1            Lemon  
1 Bay Leaf  
Salt and Pepper  
Chicken Stock cube



## **Serve with:**

Green beans or cabbage

- Peel, chop into chunks the potatoes. Put the potatoes into a pan of cold salted water and bring to the boil.
- Peel and chop the sweet potato into chunks
- Cut onion into chunks.
- Season the chicken or chicken portions. Stuff whole chicken with a lemon, bay leaf and fresh thyme.
- Place par-boiled potatoes into roasting tin. Top with sweet potato chunks and onion.
- Top with chunks of carrot and parsnip.
- Place chicken onto the vegetables. Season and drizzle with olive oil.
- Place in oven at 180c and roast chicken for 1 hour or until golden brown and crispy. Check juices run clear to ensure it is cooked! Mix 25g butter with plain flour into paste— Beurre Manie. Remove chicken and vegetables from pan onto dish and keep warm. Add butter and flour paste to juices to thicken. Add 500 ml chicken stock (stock cube plus boiling water) to produce a gravy.