



Our local supermarket have those twin packs of medium Chickens for £4.50 again. Not the biggest birds but ideal for us. One to cook, one to freeze.

Ingredients:-

1 Chicken

6 cloves of Garlic

½ a Lemon

Sprig of fresh Rosemary (Acquired from the hedge of a closed B&B nearby!)

Chilli flakes

Salt & Pepper

Oil

Plus whatever vegetables you fancy with it.

Method:-

- (1) Place your Chicken in a roasting tray and pre-heat the oven to 180c.
- (2) Mix the Oil, Salt and Pepper and Chilli flakes.
- (3) Stab the breast and insert ½ cloves of Garlic and sprigs of Rosemary.
- (4) Spread the Oil mixture over the skin of the Chicken.
- (5) Insert half Lemon, Garlic cloves and a sprig of Rosemary into the cavity of the bird.
- (6) Pour remaining marinade into the cavity as well.
- (7) Roast covered at 180c for an hour, longer depending of the size of the bird. Until it is cooked and tender.
- (8) Uncover and cook for a further 20 minutes to brown.

Sue served ours with Potato & Celeriac mash, roast Carrots & Parsnips, Spring Cabbage and Yorkshire