

RAYNE BRYANT'S ROAST CHICKEN

INGREDIENTS

- Chicken
- Garlic
- Lemon
- Cumin
- Olive Oil
- Salt and Pepper
- Rosemary
- Butter
- Royal blue potatoes
- Sweet potato
- Baby carrots
- Broccoli

CHICKEN METHOD:

- Wash and pat the chicken dry with a paper towel
- Rub all over with salt and olive oil
- I carefully pierce a hole under the skin on the breast (don't break the flesh) and stuff in some butter
- Chop a whole knob of garlic across the middle and rub all over the skin
- Then shove it into the chicken cavity with half a lemon
- Into the pan (sit it on top of celery sticks if you like to keep it off the pan but on the pan is fine too) and into the oven on 180 degrees for approx. 30min for every 500g of chicken

VEGGIES METHOD:

- Chop up all veggies to your desired sizing
- Put potato, sweet potato and onion in oven proof dish and drizzle with olive oil and salt and pepper – bake in oven for approximately an hour on 180 degrees
- Place carrots, cauliflower and broccoli into a separate pan. Sprinkle with cumin, olive oil, salt and pepper and place in the oven when the chicken has about 30 minutes to go. Turn up the heat to 220/240 degrees. This will make the chicken skin and the potatoes nice and crispy.

Enjoy!!!!