



Around the World for £4 or Less. A roast dinner seems pretty British to me!

Own local supermarket have started selling twin packs of medium Chickens for £4.50. Not the biggest birds but ideal for us.

Ingredients:-

1 Chicken (£2.25 on this occasion. Bargain!)

4 cloves of Garlic

Garlic Butter (Make your own)

Olive Oil

1 Lemon

A little White Wine (Optional)

Rosemary

Parsley

Salt & Pepper

Method:-

(1) Place your Chicken in a roasting tray and pre-heat the oven to 180c.

(2) Cut the Lemon in half.

(3) Mix the juice from half of the Lemon, Olive Oil White Wine, Parsley, Rosemary, Salt and Pepper.

(4) Spread the Garlic Butter over the Chicken skin.

(5) Insert the whole Garlic cloves and the remaining half Lemon into the cavity of the bird.

(6) Pour the 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.

Serve with roast Potatoes and Vegetables of your choice.