



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