



ROAST MEDITERRANEAN CHICKEN

WHAT YOU NEED

- 4 x chicken drumsticks or thighs
- 6 x medium potatoes
- 2 x small onions, or 1 large one
- 3 x cloves of garlic
- 1 x red pepper
- 1 x courgette
- ½ x aubergine
- olive oil
- herbs - rosemary, thyme, organo
- salt and pepper



HOW TO MAKE IT

Turn on the oven at 200 °C. Place the chicken pieces in a roasting tin. Peel the potatoes and cut in half, slice the onion into quarters and peel the garlic cloves. Add to the roasting tin. Cut the pepper, courgette and aubergine into large pieces and add. Add the herbs, salt and pepper. Pour a generous amount of olive oil over everything. Roast in the oven for 35-45 minutes until the chicken is cooked and the potatoes roasted.

TIP 😊

If you have time, pre-boil the potatoes for 10 minutes before adding to the roasting tin.

You can use chicken breast. Dried herbs or fresh herbs are both good.

