



MEDITERRANEAN ROAST CHICKEN

Nutrition Facts (per 100 grams of chicken): Calories 323, Protein 21g, Carbs 18g, Fat 19g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 5 min, **Cooking Time:** 90 min



INGREDIENTS

Whole Chicken (800
gram), Italian Seasoning
Balsamic Vinegar
Olive Oil
Garlic

Mushroom
Potato
Carrots
Rice

METHOD

1. Preheat oven to 180C.
2. Place Vegetables in a large enough roast or baking dish. Make sure to add all marinate drippings.
3. Gently place chicken over the veggies, breast up.
4. Cover with baking paper then seal well with aluminum foil.
5. Cook in hot oven for 1 hour covered.
6. Remove cover and turn on the top grill on low.
7. Cook for 15 minutes or until skin is deep golden. Do not burn.
8. Remove from oven and rest for 15 minutes then serve immediately with rice on the side.

Steamed Plain Basmati Rice

9. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
10. Decant water taking care not to dump any rice. Repeat 3-5 times or until water runs clear, strain in colander for about 5 min to get rid of excess water.
11. Place pot over high heat and add water (as per instructions on package) & salt. As soon as the water starts boiling add rice & swirl pot or stir very gently.
12. Return to boil then cover, reduce heat to low & simmer for about 15-20 minutes then remove from heat & keep covered for 5 minutes more. Gently fluff with fork and serve.

BON APPETIT

