

WHEN THE CHICKEN MET THE CARROT “What a romance”

Ideal for leg and thigh pieces of chicken, on the bone. Would suggest steamed rice or new potatoes, maybe w/ one green veg - broccoli, beans etc.

Proper sit down meal, set the table and make an impression, maybe a starter while it's cooking. Simple salad or soup.....?

2-3 pieces of chicken each
2 garlic cloves still in skin.
2 medium carrots per serving, coarsely grated
½ onion each, thinly sliced
5 cherry tomatoes each
2 Tbl Olive oil
Salt & fresh ground pepper

Pre heat oven to 180 dgC. On a large oven dish/tray (ideal to be at least 2cm deep) place olive oil, pepper, salt, chicken and onion. Using your hands coat each piece arranging onions evenly over chicken.

Place in oven and cook for 15 minutes.

Remove from oven and add grated carrot to open sections of tray. Try to keep carrot together in small clumps/pillows to keep from burning. This also allows the carrot to steam as well as bake. Add garlic cloves evenly throughout and place back in oven.

Cook for a further 15 minutes.

When chicken begins to brown, crisp and shrink the meat will be cooked.

Turn oven off.

Add cherry tomatoes and return to the oven, let stand in oven for further 10 minutes.

This allows chicken to rest, cool slightly . This helps retain juices and gives you time to prepare the plates w/ rice/potato and vegetable etc.

Use juice oil mix as sauce.

Addition of carrot adds a surprising sweetness to the dish. Due to this sweetness you may find a little extra salt on the table will bring even more flavour out.

Very very more-ish, don't get caught out eating more than you should. You should still be able to move from the table.