

Roast Chicken, Roast Potatoes, Stuffing & Carrots



Ingredients

- Chicken
- 2 tbsp butter
- 2 tbsp garlic powder
- 2 tsp parsley
- 1 onion
- Roast potatoes
- Carrots
- Sage and onion stuffing

Note: You'll cook your chicken for this meal, and 3 leftover meals! [Mini chicken pies](#), [chicken & spinach lasagne](#) and your [stuffed peppers](#).

Methods

- 1.** Mix your butter with the parsley and garlic and rub under the skin of your chicken and put the remainder in the cavity along with the onion.
- 2.** Place the chicken in a roasting dish and wrap tightly in tin foil. Cook for the time printed on the label but remove the foil 30 minutes before the end of the time so you get a nice crisp skin.
- 3.** Meanwhile peel your potatoes and cut into evenly sized chunks. Par boil on the stove top. Drain and sprinkle some flour on to the potatoes. Shake in a colander to rough up the edges and coat the potatoes. Allow to cool down.
- 4.** Pour some oil into a deep roasting tray and put in the oven until it is smoking hot. Add the potatoes and mix around so they get covered in the oil. Put in the oven for the last 30 minutes of your chickens cooking time.
- 5.** Make up your stuffing mix as per the packet instructions and put into the oven to bake with the roasties for the last 30 minutes.
- 6.** Peel, chop and boil your carrots for around 15 minutes or until they are cooked just how you like them.
- 7.** Plate and serve.