

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 butter, parsley, and garlic, and rub it under the chicken skin. Put the remaining mixture in the chicken cavity along with an onion.
- 2.** Place the chicken in a roasting dish, wrap it in tin foil, and cook for the specified time (according to the label instructions). Remove the foil for the last 30 minutes of cooking to crisp the skin.
- 3.** Par boil potatoes for around 10-15 minutes, drain them, sprinkle flour on them, and allow them to cool for a few minutes.
- 4.** Preheat a deep roasting tray with oil, add potatoes, and roast in the oven for the last 30 minutes of the chicken's cooking time.
- 5.** Make stuffing according to packet instructions and bake it in the oven with potatoes for the last 30 minutes.
- 6.** Peel, chop, and boil carrots for around 15 minutes or until they are cooked to your liking.

- 7.** Plate and serve.