

Garlic and Lemon Roast Chicken

Ingredients

- 1 packet Maggi Garlic Chicken
- 1.2 Kg Whole Chicken
- 1 tablespoon Olive Oil
- 0.5 Medium lemon
- 750 g new potatoes
- 320 g carrots, peeled
- 320 g frozen peas
- 320 g Broccoli

Instructions

1. Set the oven to 180°C (160°C for fan ovens) or Gas Mark 6.
2. Tear the top part of the Maggi sachet and open out the cooking bag (put the red tie to one side). Tip the garlicky seasoning from the bottom part of the sachet into the bag. Remove all the packaging from the chicken and brush the skin with the oil. Gently transfer the chicken into the bag, throw in the lemon half and close the bag with the tie. Rub the seasoning onto the skin. Sit the chicken in the bag in a large casserole dish. Place in the oven for 1 hour 15 minutes.
3. While the chicken roasts, cook the potatoes in a pan of boiling water for 8 minutes. Drain and tip into a roasting tin. Drizzle with a little olive oil and season with salt and pepper (if you like). Roast for 35-40 minutes until browned.
4. Remove the chicken from the oven and allow to stand for 5 minutes. Carefully cut the top of the bag with a pair of scissors and gently pull open the bag. Return the dish to the oven for 15 minutes until the skin is starting to crisp. Remove the chicken from the oven - leave to stand for 5 minutes. Carefully remove the bag from under the chicken allowing all the lovely juices to tip into the dish. Carve!
5. Slice the carrots into batons or chunks and cook in boiling water for about 5 minutes. Cook the broccoli and peas in boiling water for about 3 minutes.
6. Serve the juicy chicken with the roasted new potatoes and veg and pour over some of the delicious gravy! Love your leftovers! Use some of the leftover chicken (if you have any!) to make a delicious sandwich. Toast some baguette, spread with a little light mayo then top with salad, sliced tomatoes, sliced cucumber and some of the garlicky chicken.

Nutrition

90 Minutes

Carbohydrate	39.55 g
Energy	578.8 kcal
Fat	25.15 g
Fibre	7.17 g
Protein	47.72 g
of which: saturates	6.73 g
Sodium	155.59 mg
of which: sugars	6.75 g

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