

## ROASTED CHICKEN AND PROVENÇALE VEGETABLES

### EQUIPMENT

CHEFS KNIFE, MEDIUM SIZE FRY PAN, LARGE BAKING TRAY

### INGREDIENTS

1 WHOLE FREE RANGE CHICKEN 1.4-1.5KG, 1 YELLOW CAPSICUM, 1 RED CAPSICUM, 1 GREEN CAPSICUM,  
1 SPANISH ONION, 1 EGGPLANT, 1 ZUCCHINI, 4 CLOVES PEELED GARLIC, 6 SPRIGS THYME,  
1 X 300GM TINED CHOPPED TOMATOES, 100GM BLACK OLIVES, 2-3 SPRIGS PARSLEY AND BASIL,  
FLAKE SALT, GROUND WHITE PEPPER, EXTRA VIRGIN OLIVE OIL

### METHOD

PLACE A FRY PAN OVER LOW HEAT. PEEL AND SLICE THE SPANISH ONION TO 2CM SLICES AND SET ASIDE. FINELY SLICE THE GARLIC AND SET ASIDE ALSO. DICE THE ZUCCHINI, EGGPLANT AND CAPSICUMS INTO 2CM CUBES AND SET ASIDE ALSO.

INCREASE THE HEAT ON THE FRY PAN TO MEDIUM AND ADD A SPLASH OF EXTRA VIRGIN OLIVE OIL, ONCE HOT ADD THE SLICED ONION AND 3 SPRIGS OF THYME AND SAUTÉ FOR 1-2 MINUTES. NEXT ADD THE GARLIC AND COOK FOR A FURTHER MINUTE.

NEXT ADD THE EGGPLANT, ZUCCHINI AND CAPSICUMS AND TURN THE HEAT UP SLIGHTLY AND COOK FOR 3-4 MINUTE UNTIL THE VEGETABLES BEGIN TO SOFTEN.

ADD THE OLIVES AND TOMATO AND SEASONING AND COOK FOR ANOTHER 5-6 MINUTES STIRRING OCCASIONALLY.

REMOVE THE WISHBONE FROM THE CHICKEN AND RUN YOUR FINGERS IN-BETWEEN THE FLESH AND THE SKIN TO LOOSEN THE SKIN. SEASON THE CAVITY OF THE CHICKEN WELL AND MAKE TWO SMALL CUTS IN THE EXCESS SKIN AT THE LEG END OF THE CHICKEN AND TUCK THE END OF THE DRUMSTICKS THROUGH THE SKIN TO HOLD THEM IN PLACE.

REMOVE THE VEGETABLES FROM THE STOVE AND POUR THEM INTO A LARGE BAKING TRAY, PLACE THE CHICKEN ON TOP OF THE VEGETABLES AND SEASON THE TOP OF THE CHICKEN WITH SALT, PEPPER AND PICKED THYME. DRIZZLE OVER A LITTLE EXTRA VIRGIN OLIVE OIL AND PLACE THE CHICKEN INTO A PRE-HEATED OVEN COMBI SETTING 200°C FOR 75 MINUTES.

ONCE THE CHICKEN IS COOKED REMOVE THE TRAY FROM THE OVEN AND SET THE CHICKEN ASIDE TO REST FOR 10-12 MINUTES. STIR SOME PICKED PARSLEY AND BASIL THROUGH THE VEGETABLES AND PLACE THEM IN THE MIDDLE OF A LARGE SERVING PLATTER.

PLACE THE CHICKEN ON TOP AND SCATTER OVER SOME MORE FRESH HERBS AND SERVE.

### HINTS & TIPS

- ROAST CHICKEN IS A CLASSIC AND THIS DISH PROVIDES AN ALL IN ONE MEAL IN ONE TRAY.

- REMOVING THE WISHBONE PRIOR TO COOKING THE CHICKEN MAKES CARVING EASIER AFTER THE CHICKEN IS COOKED.

- REMEMBER TO REST YOUR CHICKEN AFTER ROASTING. RESTING ALLOWS THE FLESH TO RELAX AND THE INTERNAL JUICES TO REMAIN IN THE FLESH.