

Romley Estate Roast Chicken and vegetables

Serves 2

Ingredients

2 Chicken Maryland

Romley Estate Family Reserve extra virgin olive oil (evoo)

Romley Estate All Rounder Spice Blend

2 medium sized potatoes peeled and cut into bite sized pieces

1 carrot cut into chunks

200g pumpkin cut into chunks

Handful of baby tomatoes cut in half

Parsley – chopped for garnish

Method

Rub your chicken Maryland pieces with olive oil and All Rounder Spice Blend. Leave to infuse for 10 minutes in your baking pan, while you chop your vegetables.

Peel and cut your vegetables and arrange around the chicken. Sprinkle more All Rounder Spice Blend on the vegetables, along with a good drizzle of evoo.

Bake in a 180 degree Celsius oven for approx. 30-40 minutes, until the chicken is golden and the vegetables tender and browned. The chicken should be ready when the internal temperature is at least 75 degrees Celsius when using a temperature probe.

Arrange your vegetables and chicken on a plate, and finish with a sprinkling of freshly chopped parsley, and of course a drizzle of evoo.