

GARLIC, ROSEMARY AND LEMON MARINATED BAKED CHICKEN

INGREDIENTS

- Organic chicken pieces x 6, skin and bone included
- 2-3 sprigs of fresh rosemary roughly chopped
- 2-3 garlic cloves crushed
- 1 lemon
- Olive oil
- Salt and pepper

METHOD

Mixed chicken pieces e.g. drumstick, thigh and wings in dish. Place rosemary and garlic over chicken and a good splash of olive oil over chicken and season well, then mix ingredients all over chicken with your hands. Grate some lemon zest over your chicken and cover with glad wrap and marinate in the fridge for minimum of 1 hour.

Preheat oven 180-200°C Fan forced and line a baking dish with baking paper. Place tray in the oven and cook for 30 minutes depending on your oven. It's cooked when you pierce the chicken with a skewer and clear juices run out.

Serve with baked veg and steamed greens.

