



EASY ROAST CHICKEN

By **Michell Nguyen**



This is my go to meal when I want something healthy, cheap and easy to make. Instead of a whole roast chicken, I use drumsticks. With less surface area, they cook faster, the meat is unavoidably tender and the bone makes for a good handle for kids to explore their food. I also love that I can substitute the vegetables for whatever is in season. Textures are a big part of the eating experience. If I have a soft texture such as cauliflower, I'll include a more dense texture such as white sweet potato. A roast is also a great way to utilise vegetables such as capsicum, that aren't quite off yet but have softened too much to be enjoyed fresh.

Ingredients

- ▶ Chicken drumsticks (1-2 per person)
- ▶ 5-6 garlic cloves
- ▶ Vegetables of choice (e.g. white or golden sweet potato, carrot, cauliflower, eggplant, capsicum, broccolini, asparagus, zucchini, parsnip, potato)
- ▶ Italian herbs
- ▶ 2 Tbsp Olive oil
- ▶ Salt and pepper to taste

Method

1. Preheat oven to 180° C
2. Chop vegetables and place on a tray (I use baking paper to line - the vegetables are less likely to stick and I use less oil than with aluminium foil)
3. Sprinkle Italian herbs and olive oil over the vegetables. Add garlic cloves and toss gently (Instead of Italian herbs, you can experiment with other spices such as paprika or cumin)
4. Place vegetables in the oven
5. Season chicken drumsticks with salt and pepper (You can add herbs and spices as you please)
6. Add the chicken to the tray once the vegetables have been in there for 20 mins. Cook for a further 25 mins or until the chicken and vegetables are golden brown