



STUFFED CHICKEN WITH VEGGIES

Teta's recipe with new flavors

Nutrition Facts/100 Grams of Chicken: Calories 282, Protein 20g, Carbs 10g, Fat 17g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 90 min



INGREDIENTS

Whole Chicken (Stuffed with
breadcrumbs, milk, veggies and
spices)

Veggies
Butter
Parsley Leaves

METHOD

1. Preheat oven to 180C
2. Add 2 tablespoons water to a deep oven dish, arrange veggies in single layer & place the chicken on top of the veggies breast side up.
3. Cover the tray with baking sheet, then seal well with aluminum foil.
4. Place in the oven and bake covered 45 minutes.
5. Melt butter (place in oven proof saucepan or dish and put inside oven for 2 minutes or so).
6. Take oven tray out, remove cover, baste with butter and drippings then return to oven. If veggies are too dry, then carefully add a few tablespoons of water to the bottom of the dish.
7. Bake uncovered for 20 minutes basting every 5 minutes or so.
8. Reduce heat to 140C, turn the grill on, (make sure the chicken is not too close or it will burn) baste again and bake 5 minutes or until chicken is golden.
9. Carefully turn the chicken on the other side, baste and bake 5 minutes or until golden on this side as well.
10. Carefully transfer chicken to serving plate – breast up. Arrange veggies around and pour all the juices over.
11. Rest 5 minutes, sprinkle the parsley on top and serve.

BON APPETIT