

Roasted Lemon Chicken

Serves: 1
Prep time: 15 Minutes
Cooking time: 45 Minutes

Ingredients:

- juice of ½ lemon
- 1 clove garlic, crushed
- 2 teaspoons olive oil
- 4-6 chicken niblets (wings cut in half)
- 1-2 small baby potatoes, cut into wedges
- Sprig of rosemary, leaves only
- Sprig of thyme, leaves only



Love the fragrance of rosemary and thyme that fills my kitchen when this delicious dish is cooking

Method:

- Preheat oven to 180°
- Cut the potatoes into wedges
- Juice the lemon
- Mix the oil, garlic and lemon juice together
- Place the chicken niblets into a small baking dish
- Place the potatoes wedges around the chicken
- Pour the lemon garlic and oil mixture over the chicken and potato and rub it in
- Sprinkle the rosemary and thyme leaves over the chicken and potatoes
- Place the dish into a hot oven and cook for 40-45 minutes, or until chicken and potatoes are cooked through
- Serve with steamed greens

Note: Remove the tips from the chicken wings and freeze for stock or soup later