

Around the World for £4 or Less. A roast dinner seems pretty British

to me!

Own local supermarket have started selling twin packs of medium Chickens for £4.50. Not the biggest birds but ideal for us.

Ingredients:-

1 Chicken (£2.25 on this occasion. Bargain!)

4 cloves of Garlic

Garlic Butter (Make your own)

Olive Oil

1 Lemon

A little White Wine (Optional)

Rosemary

Parsley

Salt & Pepper

Method:-

- (1) Place your Chicken in a roasting tray and pre-heat the oven to 180c.
- (2) Cut the Lemon in half.
- (3) Mix the juice from half of the Lemon, Olive Oil White Wine, Parsley, Rosemary, Salt and Pepper.
- (4) Spread the Garlic Butter over the Chicken skin.
- (5) Insert the whole Garlic cloves and the remaining half Lemon into the cavity of the bird.
- (6) Pour the marinade into the cavity as well.
- (7) Roast covered at 180c for an hour, longer depending of the size of the bird. Until it is cooked

and tender.

(8) Uncover and cook for a further 20 minutes to brown.

Serve with roast Potatoes and Vegetables of your choice.