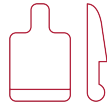




Whole Roast Chicken and Vegetables



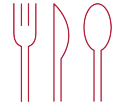
DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES



COOKING TIME: 1 HOUR 30
MINUTES



SERVES: 4-6

Ingredients

Chicken

- 1 x 1.2 kg Chicken
- 2 tsp cumin
- 2 tsp olive oil
- 2 tsp salt
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp onion powder

Vegetables

- 2 potatoes
- 1 sweet potato
- 1 red capsicum
- 1 onion
- 10 mushrooms
- 2 tbsp mustard
- 1 tbsp honey
- 75 ml olive oil
- Salt and pepper to taste
- ¼ bunch thyme removed from stem
- 2 x 10 cm sprig Rosemary finely cut

Method

Mix all the dry ingredients together so they make a paste and then rub into the whole chicken.

Select [CircoRoast](#) on 200°C and set the [MultiPoint MeatProbe](#) to 75-80°C. Insert the probe into the chicken from one breast across to the other and press start.

Cut all vegetables into 1 inch squares then place into a bowl with the olive oil, rosemary, thyme, mustard, honey and smoked paprika. Season with salt and pepper then mix. Place on a universal tray with the baking sheet underneath then put in oven underneath the chicken for the last half of the cook. This will be approximately 35-45 minutes in for a 1.2kg chicken.

Once the chicken is cooked remove from the oven and elevate the veg to level 4 and continue to cook for a further 20 minutes or until golden brown and soft.

Notes
