



TOMATO, GARLIC & CHILI ROASTED BABY CHICKENS

with blanched green vegetables, pancetta, baked goats cheese and roasted vine tomatoes

Serves: 4 - 6 | Prep time: 10 minutes | Cooking time: 45 minutes | Easy to make

INGREDIENTS

2-3 baby chickens, cut in half or 1 large chicken, back bone removed and flattened
1 cup (250ml) good quality tomato sauce
30ml garlic salt
Some black pepper
10ml smoked chili flakes
Seasonal green vegetables such as asparagus, tender-stem broccoli, green beans and mange tout
8 - 12 slices rolled pancetta
1 log black pepper rolled goats cheese, sliced into 4 or 6 rounds
1 punnet vine tomatoes
Salt and pepper to taste

METHOD >>>





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1. Preheat your oven to 170 degrees Celsius.
2. Mix the tomato sauce, garlic salt, black pepper and chili flakes together.
3. Brush over the baby chicken halves/flattened chicken, place in an oven dish and cover with foil.
4. Place in the oven for 30 minutes or until the chicken is soft and tender.
5. Blanch your vegetables by putting all the vegetables in boiling water for 30 seconds and then submerging them in ice water to stop the cooking process and to keep the green colour of the vegetables.
6. Take the veg out of the ice water and place on an oven tray. Drizzle with olive oil and season to taste.
7. Pan fry the pancetta until crispy and drain on kitchen towel.
8. Place the vine tomatoes on a baking tray and drizzle with olive oil, season to taste and roast until the tomatoes start to burst open.
9. Once your chicken is cooked, remove the foil and increase the oven temperature to 200 degrees Celsius.
10. Place the chicken back into the oven together with the vegetables to roast and to warm through.
11. Place the goat's cheese on a baking tray and put into the oven for 5 minutes to warm through.
12. Serve the chicken with the blanched vegetables, pancetta, goats cheese and the roasted vine tomatoes.