

organic curry roast chicken

prep time 10min

serves 4-5



ingredients

organic whole chicken

½ lemon

1 tbsp extra virgin olive oil (optional: onion infused oil)

4 tsp keens curry powder

4 tsp turmeric powder

2 tsp chilli flakes

4 tsp rock salt

parsley (optional)

potatoes

500g white potatoes, quartered

2 sprigs rosemary, finely chopped

2 tsp extra virgin olive oil

3 tsp rock salt

method

1. preheat the oven to 180 degrees fan forced
2. wash and pat the chicken dry.
3. place the lemon inside of the chicken for extra flavour
4. season both sides of the chicken with the oil, curry powder, turmeric and salt.
5. place the chicken breast side down (very important) and place in the oven for 40 minutes
6. while the chicken is cooking, place the potatoes, oil, salt and rosemary into a bowl. toss the potatoes around until well coated
7. remove the baking dish from the oven and flip the chicken over so it is now breast side up. add the potatoes to the dish and place it back into the oven. continue to cook for a further 20 minutes.
8. remove from the oven and plate the chicken and potatoes onto a serving dish. garnish with parsley and serve.

notes

Best served hot out of the oven with a side salad. Leftovers can be stored in the fridge for up to 3 days. Onion infused olive oil is a great way to add extra flavour for those following a FODMAP diet. You can use any root vegetable like carrot, sweet potato or pumpkin as well as or instead of potato.

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