

Free Pintable Recipe by Mom Of Two Little Girls

One-Pot Roast Chicken, Corn and Veggies

Ingredients:

- 2 Chicken breasts (No skin, no bone), chopped into bite size pieces
- ½ a Butternut
- ½ a head of Cauliflower
- ½ a head of Broccoli
- 1 Red Onion
- 1 Yellow Pepper (or any colour you want)
- 2 Sweetcorn, cut/broken into 4 pieces each

Please Note: All vegetables should be fresh.

Method:

1. Preheat your oven to 180 °C (356 °F)
2. Parboil the sweetcorn for 10/15 minutes
3. Chop all veggies into bite size pieces, not too small
4. Put the chicken pieces into a microwaveable bowl, sprinkle generously with chicken spice, drizzle with olive oil and mix. Microwave on 600 (mid range heat) for 3 minutes.
5. Put all veggies, corn and chicken pieces in an ovenproof dish. Generously sprinkle with salt, pepper, and Garlic & Herb* seasoning mix. Mix well.
6. Cover with tin foil and put in the oven for 20 minutes.
7. After 20 minutes, remove from the oven, remove the foil, mix, and put back in the oven for another 15 minutes – uncovered.

Please note: All cooking times are based on my family's preference. We prefer our veggies medium softness so if you want them crispy then cook for less time. If you want them really soft, cook for longer.



* I use Ina Paarman's Garlic & Herb seasoning. It is my absolute essential cooking seasoning and I use it on **everything**, from a topping on grilled cheese on toast, to mushrooms, to salad, to pork chops and even roasting veggies. It also comes in a low-salt version.

<http://www.paarman.co.za/product-range>

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