



JERNEJ KITCHEN

ROAST CHICKEN WITH SWEET POTATOES AND PEAR

Delicious, easy and super tasty!

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES
BAKE:	90	MINUTES

ROAST CHICKEN WITH SWEET POTATOES AND PEAR

1500 g whole chicken

1 tbsp olive oil

2 onions

1 pear

1 carrot

1 celery stalk

1 handful of prunes

1 lemon

2 large sweet potatoes

TOOLS AND EQUIPEMENT

kitchen knife

baking dish

platter

CHICKEN

Preheat your oven to 220 °C / 430 °F. Pat the chicken dry with paper towels. Using a brush, gently brush the chicken with olive oil and season with salt and pepper inside and out.

VEGETABLES

Quarter the onions and the pear (you don't have to peel it). Cut the carrots and celery on large chunks (about 2 cm / 1 inch)

CHICKEN AND VEGETABLES

Line your baking dish (about 30 x 20 cm / 12 x 8 inch) with baking paper. Place the vegetables and prunes to the center of your baking dish. Then place the whole chicken on top of the vegetables. Cut the lemon in half, then stuff the cavity both halves of lemon.

CHICKEN AND VEGETABLES

Rinse and pat dry your sweet potatoes. Cut them into large chunks (approx. 4 x 4 cm / 1.5 x 1.5 inch). Add it to the sides of the baking dish, so that the chicken isn't covering the potatoes. Pour 50 ml of warm water into the baking dish.

BAKE

Place the baking dish into an oven. Bake for 15 minutes at 220 °C / 430 °F, then lower the heat to 180 °C / 350 °F and bake for another 50 minutes. Increase the temperature to 220 °C / 430 °F again and bake for the last 5 - 10 minutes or until the skin is golden and crispy.

TIP

The rule to baking a chicken is: 1. Bake for 20 minutes, then add another 20 minutes for every 450 - 500g (1 pound) of total weight of the chicken at 180 °C / 350 °F.

SERVE

Remove the baking dish from the oven, transfer the chicken to a platter and let it rest for about 10 minutes, then serve with side dish or seasonal salad. Any leftovers can be stored in an airtight container for up to 3 days in a fridge.