

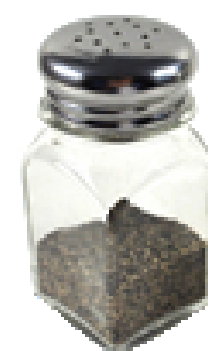
# ROAST CHICKEN, VEGETABLES AND POTATOES



## Ingredients



6 chicken drumsticks



Black pepper



Potatoes  
(washed and cut in half)



Salt (1/2 a teaspoon)



1 tablespoon of olive oil



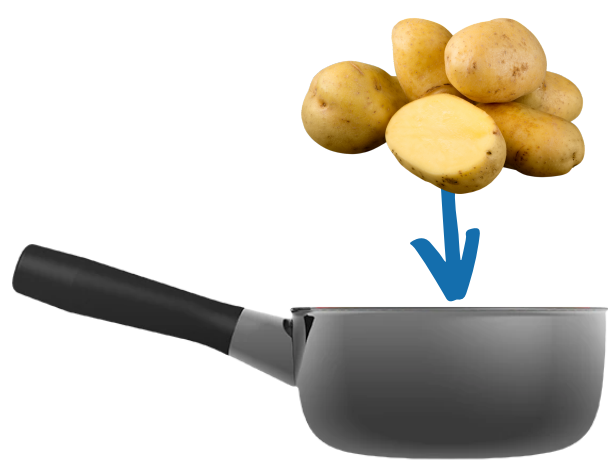
Carrots



Broccoli



## Method



1

Put the potatoes into a saucepan, add water, and cook them until they are soft.



2

Put the chicken in an oven dish, and add the olive oil, a pinch of salt, and a pinch of black pepper. Mix them together.



3

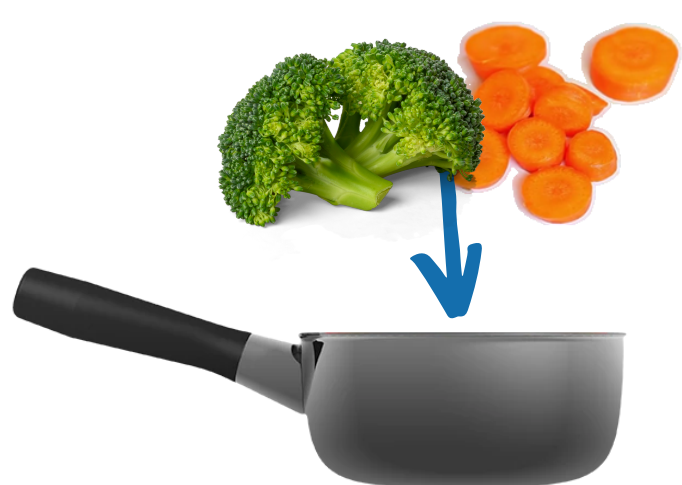
Put in the oven and cook for 45 minutes, when the oven temperature is 180 C.



4

Peel the carrots, and throw away the tops.

To check if the chicken is cooked: push a knife into the meat, if clear liquid runs out then it is cooked. The chicken should also be a golden colour.



5

Chop the carrots and broccoli, and put them in a saucepan. Add water and boil for 8 minutes.



6

Drain the potatoes, carrots and broccoli using a colander or a sieve.



7

Put everything on a plate and serve.