

Roast Chicken



Ingredients

- 2 Whole Chickens
- 1 Roast Chicken Gravy Mix
- 500g Potatoes
- 2 Kumaras
- 1 Broccoli - steamed
- ½ Cauliflower - steamed



Method

1. In a frying pan, brown the whole chickens and then cover them with the roast chicken gravy mix
2. Place the chickens on a cake rack in the slow cooker and cook until done or
- Wrap in tin foil and cook in the oven
3. Cut the potatoes and kumara and place on a roasting tray, pour a bit of coconut or olive oil on them and season with salt and pepper
4. Steam broccoli and cauliflower
5. Serve

6. Once chickens are cooked, use the juices in the bottom of the slow cooker to make a gravy, just mix 2 tsp of flour with some cold water and mix into juices in a saucepan, simmer until thickened.