

# Roast Chicken Breast [myinheritedkitchen.co.uk](http://myinheritedkitchen.co.uk)

Ingredients <i>(Red = optional)</i>	Amount for one	Your variation
Chicken breast	160g-180g	
Potatoes <i>(unpeeled)</i>	300g	
Carrots	2	
Celery stalks <i>(wash them first)</i>	2	
Onion <i>(or use 80g of frozen)</i>	1/2	
Olive oil <i>(total)</i>	6tsp	
Chicken seasoning <i>(Barts)</i>	2tsp	
<i>Chicken gravy pot (Knorr)</i>	1	
Parsley	1tsp	
Ground pepper		
Salt <i>(total)</i>	2tsp	
<i>Rosemary (with the chicken seasoning)</i>	1/2 tsp	
<i>Everything cooked in one pan</i>		



Prep Time minutes	Cook time minutes	Your revised time
15	45	<input type="text"/>

<b>All prepared?</b> Start timer at:	<b>45</b>
Put the potatoes & onions in the roasting pan	<b>45</b>
Add the rest of the veg spread evenly	<b>40</b>
Turn over all the vegetables	<b>25</b>
Put meat thermometer into the middle of the chicken. Screen facing front	<b>21</b>
Place the chicken in middle of the pan	<b>20</b>
Turn on milk saucepan to heat 6	<b>8</b>
Whisk to dissolve gravy pot in milk pan	<b>5</b>
Let gravy boil - keep stirring	<b>4</b>
Simmer gravy on heat 5 stirring often	<b>3</b>
Heat plate in microwave for 2 minutes	<b>2</b>
If chicken is at a minimum internal temperature of 80c remove from oven	<b>1</b>
Place the chicken on the plate	<b>1</b>
Place the vegetables on the plate	<b>1</b>
Add the gravy	<b>0</b>
Sprinkle with Parsley and pepper	<b>0</b>

## Tools that help

- Roasting pan
- Milk saucepan
- Scales
- Measuring jug
- Stirrer & turner
- Meat thermometer
- Timer
- 2 bowls
- Vegetable peeler
- Sharp knife
- Cutting board
- Tongs

## Prep Instructions

1. Take chicken out of the fridge 30 min before needed
2. Heat the oven and roasting pan to 210c
3. Peel and cut potatoes into roughly 3cm chunks
4. Peel onion and cut into 1cm wedges
5. Peel and cut carrots and celery into 1cm chunks
6. Toss potatoes & onions in a bowl with 2tsp oil, with 1/2 tsp of salt and pepper
7. Toss other veg in a bowl with 2tsp's oil, salt & pepper
8. Rub chicken with 2tsp's of oil & seasoning + 1 of salt
9. Put 200ml of water in the milk saucepan

All recipes are based on using an induction hob, fan oven and microwave set at 1,000