



FOOD FRESH PROJECT



ROAST CHICKEN DINNER WITH RICE

use chicken bones and extra pieces for the bonus meal!

1 Whole Chicken

2 Cups White Rice (Parboiled)

1 lb Carrots

3 Ribs Celery

1 Onion

4 Cloves Garlic

Dry Thyme

Salt and Pepper

Start by preheating your oven to 350°F and grease a large roasting pan.

Pour 1 ½ cups rice over the bottom of the pan (keep ½ cup aside for the soup recipe). Pour 2 ½ cups water over the rice.

Add the diced veggies (celery, carrot, onion + garlic) to the pan, sprinkling them evenly over the rice. (make sure to save some of each veggies for soup)

Place the chicken (breasts facing up) over the rice + veggies and then season with dry thyme, salt + pepper, seasoning the rice and veggies as well.. then tightly cover the pan with foil. Feel free to add your own seasonings as well, savory and any other herb would go great with this chicken dish!

Place your covered pan in a 350°F oven for one hour, after the hour is up remove the foil and turn your oven up to 425°F, give it a few minutes to warm up then pop your pan back in for 20 - 30 minutes until the chicken is golden brown!

You can now remove your chicken from the pan, give the rice a stir and serve! OR if you wanted to go an extra step, you can break the chicken down into pieces. To remove the breasts slice into either side of the breastbone/cartilage separating the two breasts, and follow that bone down the underside of the breasts. There is also another important bone to follow at the top (near the neck) of the chicken, the wishbone/collarbone, you will also want to keep following along this bone and make sure not to cut through it so the breasts will be completely boneless. Keep following those two guidelines and you should be able to cut the breast free, the wing will still be attached but you can just cut that off as well!

To remove the legs flip the chicken over and while holding the spine down, lift the leg you want to remove upwards. This should cause a little snap to happen in the joint holding the leg on, which you can cut clean through! There is another joint between the thigh and the leg, you can cut right through that as well...repeat all steps for both sides.

ENJOY!