

# Sunday Roast With Tilly Wilson

## Ingredients

1 whole chicken

2 garlic cloves

1 lemon cut in half

Fresh rosemary from the garden ( chopped)

Roasting Potatoes

Cauliflower

Breadcrumbs

Onions

Garlic

Bacon

Carrots

Broccoli

## Instructions how to make Sunday roast

1. First buy a chicken at the supermarket or from your butcher!
2. Take the chicken home and put it in the fridge until you want to cook it.
3. When you want to cook the chicken take it out of the fridge, put it in a roasting dish.
4. Squeeze some lemon just on the chicken, make holes in the chicken to put the rosemary and sliced garlic in. Add a little salt and pepper and put into the oven at 180 degrees for approx. 1.5 hours.
5. Peel the potatoes and boil in water until slightly soft, then heat some oil in a roasting pan in the oven and then add the potatoes and put back in the oven for 50mins.
6. Remove your chicken when cooked and make your gravy using the chicken juices, a little flour and potato water.
7. Meanwhile chop the onion, slice the garlic and chop the bacon, fry in a pan, add the breadcrumbs, cook the cauliflower for 5 mins, then add all together and put in the oven for 15 mins.
8. Cook your carrots and broccoli for 5 mins.
9. Carve the chicken, and put on plate with your roast potatoes, cauliflower and breadcrumbs and vegetables, cover in gravy!!

AND THAT'S YOUR SUNDAY ROAST!

