

# Chicken Bake

*With our gourmet cookware, brand ambassador Lethabo Kgadima shows us how to whip up a one-pot midweek meal of chicken and veg for the whole family.*

**Serves: 4**

**Prep time:** 10 minutes

**Cooking time:** 5 minutes on the stove and 45 minutes in the oven.

## Ingredients

1 tablespoon (15 ml) butter  
500g baby potatoes  
3 large carrots, peeled and sliced  
handful of fresh parsley, chopped  
125ml olive oil  
juice of 1 small lemon  
1 tablespoon (15 ml) cumin  
1 tablespoon (15 ml) chicken spice  
1 tablespoon (15 ml) origanum  
1 tablespoon (15 ml) garlic salt  
1 tablespoon (15 ml) paprika  
1 tablespoon (15 ml) barbecue spice  
1 whole chicken  
250 ml (1 cup) chicken stock (2 cubes)

## Method

1. Preheat your oven to 180°C and
2. Preheat an AMC 30 cm Gourmet Fry Pan over a medium temperature on the stove until the Visiotherm reaches the first red area. Once heated, sauté the potatoes and carrots in the butter for about 5 minutes and then turn the heat off, adding the fresh parsley.
3. Meanwhile, make a flavourful rub by combining the olive oil, lemon juice and all the spices.
4. Place your chicken on top of the sautéed veg and rub with your spice mix. Pour your chicken stock over the vegetables.
5. Place your 30 cm Fry Pan in the oven, without the lid, and leave to roast for about 45 minutes.
6. Once cooked to your preference, remove from oven and serve.

