

Roasted Chicken Portion

Simple wholesome **English**¹ food.

Ingredients

1 chicken quarter per person

A little sunflower oil

10 ml Zaytoun **Fair Trade** za'atar herb mixture

Method

Wash the chicken portions (if they need it) and pat dry with kitchen tissue.

Rub a little oil onto the chicken skin and then sprinkle some herbs over the chicken.

Place on a roasting dish in the oven at Gas mark 5 for 40 minutes.

Check if the portions are done by piercing with a sharp knife in a fleshy bit. If the juices run clear the chicken is cooked.

To serve

Serve with vegetables² of your choice, or with a green salad³.

Variation

Use 10 ml Za'atar herbs mixture instead of the usual parsley and mint.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²<http://www.fairtradecookbook.org.uk/recipes/vegetables.htm>

³http://www.fairtradecookbook.org.uk/recipes/green_salad.htm