

EASY ROAST CHICKEN

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Description

This is what you do with that value pack :)

Details

Cooking Time:	50
Recipes Makes:	6
Calories:	328
Carbs:	2
Fat:	12
Protein:	50

Ingredients

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- 1 whole free-range or corn fed chicken, broken down into 8 pieces
(or 8 of your favorite chicken pieces, skin on and bone- in preferable)
- 2 tbsp soy sauce
- 1 tbsp light brown sugar
- 2 tbsp red wine vinegar
- 3 tbsp olive oil
- 4 shallots, chopped
- 2 cloves of garlic, minced
- Handful of fresh parsley
- Salt and Pepper

Directions

1. Preheat oven to 425 (220)
2. In a large baking dish, combine marinade and toss with chicken. Season well.
3. Place chicken pieces skin side up and roast for 30 minutes until it begins to brown. Remove and baste with marinade. or until chicken is cooked.
4. Garnish with lots of fresh parsley

submitted by AlwaysButter - much more here!



Photo by Pinterest user tter.com

make a remaining 1

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