# EASY ROAST CHICKEN

**Print Friendly Version** 

### 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 Related Tips

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**

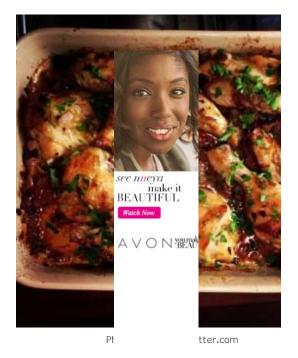
- 1. Preheat oven to 425 (220)
- 2. In a large baking dish, combine marinade and toss with chicken. Season well.
- 3. Place chicken pieces skin side up and roast for 30 minutes until it begins to brown. Remove and baste with marinade. or until chicken is cooked.

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4. Garnish with lots of fresh parsley

submitted by AlwaysButter - much more here!

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