



Maple Roasted Chicken

Serves 2

INGREDIENTS

- 2 tbsp olive oil
- 2 chicken quarters
- 2 carrots
- 1 potato
- 1 onion
- 6 cloves garlic
- 1 tsp salt
- 2 tbsp maple syrup
- 1 tbsp fresh thyme

PROCEDURE

1. Preheat oven to 245°F.
2. In a large skillet over medium heat, heat 1 tablespoon oil.
3. Once hot, add the chicken quarter, skin side down and brown for 5 minutes. Flip and brown the other side for 5 minutes.
4. Add the carrots, potatoes, onion and garlic in a large bowl and toss with the remaining oil and salt. Spread onto the bottom of the prepared pan.
5. Once the chicken has turned brown, place chicken on top of the vegetable, skin side up. Brush evenly with maple syrup and sprinkle thyme. Bake for 45 minutes or until internal temperature reaches 165°F.



Easy  *Pie!*

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