



**CHLOË BOWLER**  
complete wellbeing

### SWEET ROAST CHICKEN



#### Ingredients

- **1 whole chicken**
- **2 cloves of garlic**
- **2 lemons**
- **2 sweet potatoes**
- **2 courgettes**
- **2 mixed peppers**
- **1 red onion**
- **10 cherry tomatoes**
- **Rosemary**

#### Instructions

1. Start by drizzling olive oil over the chicken.
2. Chop up garlic and scatter over the chicken, putting some under the skin.
3. Fill the cavity with chopped lemons, and put in the oven at 190°C for the time according to its weight.
4. Meanwhile, chop up the sweet potatoes into wedges and 1 hour before the chicken is due to be ready, add to the same dish.
5. In a separate dish, add the chopped up vegetables, drizzle some olive oil, add some rosemary, and place in the oven for 30 minutes.

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