

Prep time: 10 mins. | Cook time: 30 mins.

Serves: 4-6 | Serving size: 5 oz./140 g chicken, ½ cup veggies

Chicken & Veggies

3 red potatoes, rinsed & quartered	¼ tsp. black pepper
3 carrots, peeled & cut in chunks	2 tsp. salt
1 onion, diced large	½ tsp. smoked paprika
3 tbsp. olive oil	3 garlic cloves, minced
1 tbsp. apple cider vinegar	2 sprigs fresh rosemary, chopped
	3.75 lb./1.7 kg whole chicken

1. Preheat oven to 425° F/218° C.
2. Place potatoes, carrots and onion in **UltraPro 3.7-Qt./3.5 L Casserole Pan**.
3. In small bowl, mix together olive oil, vinegar, pepper, salt, paprika, garlic and rosemary to create a seasoning for the chicken.
4. Add chicken to Casserole Pan. Mix in seasoning to fully coat chicken. Place some seasoning inside the cavity as well.
5. Cover and microwave on high power for 15 minutes. At the end of cooking time, transfer to oven for 15 minutes or until chicken internal temperature is 165° F/75° C. If desired, cook for an additional 5 minutes uncovered to further brown the top.



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