



Ingredients:

Chicken Leg quarters

Potatoes, Carrots, Onions, Peppers, Tomatoes, and Mushrooms.

Salt n Pepper, Seasoning of Choice, Balsamic Vinegar, Sugar

Spray cook and Olive oil or Canola...

Method:

Preheat oven to 180C

Pat the Chicken dry and spray with spray cook. Season your way.

Peel and quarter your potatoes. Peel and thickly dice your carrots. Mix carrots with potatoes, drizzle with oil then lightly season with Salt and Pepper. Place in the same oven dish as your chicken and roast for +-45min occasionally moving your veggies until soft and chicken is cooked through.

Roughly chop, Onions, Peppers, Tomatoes, and Mushrooms then put in a mixing bowl. Drizzle oil and season with salt and pepper and sugar. Also add a dash of Balsamic vinegar. Soften in a pan. You want a bite to everything when cooked.

Plate with your meat, potatoes, carrots and enjoy...