SHOPPING LIST

Sunday Roast Chicken with Root Vegetables and Gravy

Serves 4 to 5

For the chicken

- [ ] 1 whole chicken (about 1.8 kg)
- [ ] 50 g soft butter
- [ ] 1 lemon, halved
- [ ] 1 head garlic, halved crosswise
- [ ] A few sprigs thyme
- [ ] Salt and black pepper

For the vegetables

- [ ] 800 g potatoes, in large chunks
- [ ] 4 carrots, in thick batons
- [ ] 3 parsnips, in thick batons
- [ ] 2 red onions, in wedges
- [ ] 3 tbsp olive oil

For the gravy

- [ ] 1 tbsp plain flour
- [ ] 400 ml chicken stock
- [ ] 1 tsp soy sauce or Worcestershire sauce

Tick off what you already have at home.