

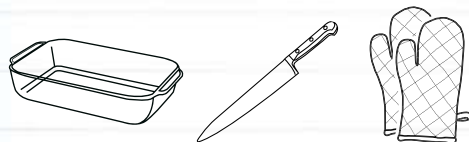
Roast Chicken Legs



Ingredients

2 chicken legs

Equipment



Method

1. Preheat the oven to 190°C or gas mark 5.
2. Place the chicken legs into the baking dish.
3. Roast the chicken legs for 30-40 minutes.
4. Check that the chicken is cooked completely by piercing the thickest part of the leg with a clean knife. The chicken is cooked when the juices run clear.

Serve with
potatoes and
vegetables, or
a crunchy
salad!



Top Tips

- Remove the skin before serving.
- Push slices of lemon, garlic or fresh herbs under the skin before you roast the chicken legs.
- Marinate the chicken in a little soy sauce, chilli and garlic.
- Fancy tandoori chicken? Marinate the chicken in tandoori paste mixed with a bit of yoghurt for a couple of hours before cooking.

Skills

- Roasting
- Using the oven
- Handling raw meat

