

Budget roast chicken and lentils

Ingredients

- 2½ onions (1 whole, 1 finely diced and ½ onion roughly chopped)
- ½ tbsp dried thyme (or 1 tbsp fresh thyme leaves)
- 100ml/3½fl oz milk
- 4 slices stale bread, crusts removed
- 80g/3oz pancetta
- 2 garlic cloves, finely chopped
- ½ tbsp dried basil (or 4 large fresh basil leaves, roughly torn)
- 100g/3½oz ricotta
- 1 small chicken, bones removed
- salt and pepper
- 200g/7oz green lentils
- 1 carrot
- 500ml/18fl oz chicken stock
- 1 tbsp vegetable oil
- 3 celery sticks, finely chopped
- ½ large courgette, diced
- 3 tomatoes, seeds removed, diced

Preparation method

1. Preheat the oven to 200C/400F/Gas 6.
2. Place the roughly chopped half onion in a saucepan with the thyme, cover with milk, bring up to the boil and then leave to cool.
3. Roughly break up the slices of bread. Pour the infused milk through a sieve over the bread in a large bowl and season well with salt and pepper. Discard the onion and thyme.
4. Roughly chop the pancetta and fry in a medium-sized dry frying pan over a high heat for two minutes, or until turning crisp. Add the garlic and fry for another minute. Tip into the bread with the basil and stir together. Now add the ricotta and mix once more.
5. Open out the boned chicken and season on all sides with salt and pepper, then spread it out so that the skin side is touching the work surface.
6. Pack the bread stuffing inside the boned chicken and roll into a cylinder.
7. Check on the packet that your cling film is suitable for cooking. Wrap in cling film and twist either end like a cracker, twisting tightly to create a taut cylinder. Tie off the ends with kitchen string to secure.
8. Wrap the cylinder tightly in tin foil.
9. Place the double-wrapped chicken in a large, dry, frying pan and

less than 30 mins

preparation time

1 to 2 hours

cooking time

Serves 4

By Richard Corrigan
From Great British Budget Menu

This recipe was created by Richard Corrigan specifically for the Great British Budget banquet dinner.

The bread stuffing takes on all the lovely roast chicken flavor in this big, satisfying budget meal.

cook for 2-3 minutes turning constantly. This will seal the meat.

10. Transfer the chicken to a baking tray and place in the preheated oven. Cook for 30-40 minutes, or until the juices run clear.
11. Twenty minutes after the chicken has gone into the oven, place the lentils in a saucepan with the whole peeled onion and carrot.
12. Pour the stock onto the lentils, bring to the boil, then simmer for 20 minutes, or until tender, topping up with hot water if necessary.
13. Heat a tablespoon of oil in a frying pan. Gently fry the finely diced onion with the celery and a little salt and pepper for 4-5 minutes. Add the courgette and fry for another two minutes.
14. Remove the whole carrot and onion from the cooked lentils and strain off any excess stock. Add the diced tomato and the fried onion and courgette mixture. Mix well, taste and season to taste.
15. Once cooked, allow the chicken to rest in a warm place for 15 minutes.
16. Unwrap the chicken, slice and serve with the lentils.