



## Roast Chicken In Tomato Marinade Recipe

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| Preparation Time | 61  |
| Cooking Time     | 120 |
| Serving Size     | 8   |

### Ingredients:

#### FOR THE MARINADE

- 1 pouch DEL MONTE Original Style Tomato Sauce (250g)
- 2 1/4 Tbsp worcestershire sauce
- 1/4 tsp pepper, black
- 1/2 tsp salt
- 2 1/4 Tbsp parsley, snipped
  
- 1 1/4 kg chicken, whole, drained
- 1/4 cup prepared mustard
- 1/3 cup onion, sliced
- 2 Tbsp butter, melted

#### FOR THE GRAVY

- 1 Tbsp all-purpose flour
- 2 Tbsp butter or margarine
- 1 cup water
- - salt, to taste
- - pepper, to taste
- - soy sauce, to taste

### Preparation:

1. Combine all ingredients for marinade. Marinate chicken for 1 hour or preferably overnight in the refrigerator. Drain but reserve marinade.
2. Preheat oven at 375°F. (If using turbo broiler, set at 350°F) Rub chicken and its inside cavity with mustard. Stuff with onion. Wrap in foil and put on baking tray. Bake for 1 hour. Remove foil and reserve the drippings. Bake for another 30 minutes. Turn once and brush with butter. Bake for another 15 minutes, brushing again with butter on the last 5 minutes.
3. Gravy: Heat butter and flour. Add water, salt, soy sauce, drippings and pepper to taste. Simmer while stirring continuously for 5 minutes. Serve with chicken.

### Chef's Tip

Marinating the chicken in tomato sauce gives it a nice brown color after roasting and also helps tenderize the meat.

### Lusog Notes

This recipe is high in vitamin A that promotes normal growth and development and protects one from infections. It is also a source of iron needed in the formation of red blood cells that distribute oxygen to the rest of the body.

### **Cooking Skills Needed**

- Marinating
- Slicing

### **Cooking Tools**

- Chopping Board
- Wooden Spatula