

HOW TO USE · GARLIC HERB SEASONING

GARLIC HERB ROAST CHICKEN

An everyday garlic and herb seasoning for chicken, vegetables and potatoes.

SERVES	PREP	COOK
4	10 min	45 min

INGREDIENTS

- 8 chicken thigh fillets, or 1 small whole chicken
- 2 tbsp oil
- 2 tbsp Garlic Herb Seasoning



METHOD (oven)

1. Toss the chicken with the oil and seasoning until evenly coated.
2. Roast at 200°C fan-forced until cooked through — about 30–35 minutes for thighs, or 45–50 minutes for a small whole chicken (check the juices run clear).
3. Rest 5–10 minutes and serve with potatoes or a salad.

GARLIC HERB ROAST CHICKEN

HERB ROAST POTATOES

200°C fan · 35–40 min

Crisp tray of potatoes

1. Toss 1 kg potatoes with 2 tbsp oil and 2 tsp of the seasoning.
2. Roast at 200°C fan-forced for 35–40 minutes, turning once.
3. Serve with the chicken.

SKILLET CHICKEN

20 min

Stovetop night

1. Brown seasoned chicken thighs in a little oil, then cover and cook over medium-low heat until cooked through.
2. Deglaze the pan with a splash of stock or lemon juice.
3. Serve with greens and rice or bread.

VEGETABLE TRAY

200°C fan · 35 min

All-in-one

1. Toss chopped vegetables and the chicken with oil and the seasoning on one tray.
2. Roast until the chicken is cooked through and the vegetables are tender.
3. Rest and serve straight from the tray.

OTHER WAYS TO USE IT

- → Stir 1 tsp through softened butter for a quick garlic bread.
- → Sprinkle over scrambled eggs or omelettes.
- → Rub onto white fish with a little oil before baking.

ALLERGENS May be present: Soy, Gluten, Mustard, Sesame.
SALT This blend contains salt, so taste before adding any more.