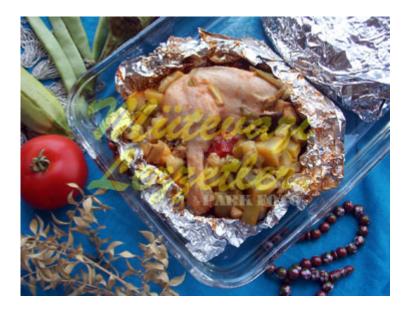
Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Baked Chicken With Vegetable

Fırında Sebzeli Tavuk



- 4 chicken rumps
- 15 flat beans
- 2 potatoes
- 1 zucchini
- 4 long green peppers
- 1 tomato, slice into 4 pieces
- 1 eggplant
- 2 tsp salt
- 1 + 1/2 tbsp flour
- 1/3 cup milk
- 1 tbsp tomato paste
- 1 tbsp + 1 tsp vegetable oil
- # Clean flat beans, zucchini, eggplant and peppers and slice in same size.
- # Put the vegetables in a bowl, add tomato paste, milk, flour, salt and then mix but be careful not to smash vegetables.
- # Cut the 50 cm. length aluminium cooking foil into 4 pieces.
- # Put a piece of tomato on the first 1/4 part of the aluminium foil and put the 1/4 of vegetable mixture on it, and put a chicken rump on it.
- # After putting these on the foil, close the foil and place on the oven tray. The crumpled side of the package should be down side while placing to the tin.
- # Cook for 1 hour in the 190 C (F 374) oven.

Note: You can cook this meal by using the winter vegetables (carrot, cauliflower, leek etc.)