



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

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## 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.)