



MyGreen509 orange chicken

Ingredients

- Chicken
- 6 lbs parsnips , peeled and halved
- 2 onions sliced
- 2 oranges with peel cut into 6 wedges each
- 1 chicken 2.3 kg (5lb)
- Juice of 1 orange
- 2 tbsp of Grand Marnier
- 2 tbsp of olive oil
- Salt, pepper

Sauce

- 1 liter (4cup chickenen broth
- 2 tbsp honey (30 ml)
- 2 tbsp of grand Marnier (30 ml)

Preparation: 20 min

Cooking: 2hours

Serving: 6

Preparation

1. In roasting pan spread the parsnips, onions, soage , salt , pepper
2. Insert quarter of an orange into the cavity of the chicken drizzle with orange juice, grand Marnier and olive oil, salt pepper, all the rest of the orange all around the chicken
3. Grill for about 40 minutes
4. Ready for degustation



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My Green 509 brings together artisans, agronomists, professional ecologists, environmental scientists, environmental educators and forestry experts. We are able to provide a wide range of services and products to assist both the private and public sector in addressing a variety of environmental issues and needs.