Chinese roasted Dutch carrots & chicken

Preparation 20 mins | Cooking 50 mins | Serves 4

4 (about 350g each) chicken marylands
2 bunches Dutch carrots, washed, trimmed and peeled
5 green onions (shallots), cut into 5cm pieces
2 bunches baby bok choy, trimmed and halved lengthways
Steamed jasmine rice, to serve

Chinese roasting sauce:
⅓ cup reduced salt soy sauce
⅓ cup Chinese cooking wine
⅓ cup brown sugar
2 garlic cloves, finely chopped
2 tsp sesame oil
3 star anise

STEP 1 Preheat oven to 200°C/180°C fan-forced. To make Chinese roasting sauce, combine soy sauce, cooking wine, brown sugar, garlic and sesame oil in a jug. Whisk until well combined. Pour mixture in a large heavy-based deep roasting pan. Add star anise to the pan.

STEP 2 Score the chicken 3-4 times in the thickest parts. Add chicken to pan and turn to coat in soy mixture. Stand for 10 minutes. Roast chicken for 20 minutes.

STEP 3 Add carrots and green onions to pan and toss to coat in roasting sauce. Roast, brushing with pan juices once, for 30 minutes or until chicken is cooked through.

STEP 4 Just before serving, steam boy choy over a pan of boiling water for 1-2 minutes until vibrant. Serve with roasted carrots and chicken and steamed jasmine rice.