



Chef Shehu Fitzgerald

Roasted Chicken

Ingredients

- 1 Chicken
- 1/2lb Brussel Sprouts
- 1/2lb Baby Potatoes
- 1 Small Onion
- 3 Cloves of Garlic
- 3 Tbsp Olive Oil
- 2 Tbsp #14 Spice Blend (custom spice blend created by Chef Shehu. Available for purchase soon. For now salt, pepper and your favorite seasonings will do.)
- 1 Pt Cherry Tomatoes

See the video at www.bynomeansachef.com to see how it all comes together.

