



Upcycled Black Tea Bag Chicken

Each tea bag is around 2 grams of tea, which doesn't seem a lot - but annually the average Kiwi throws away 1.2kg of tea, and yet each bag still is still usable for many things.

Not only are many of the leading brands of tea bags compostable, but collecting up the used tea to be used in this unique chicken recipe means you are upcycling in a rather unique way.

Upcycled Black Tea Bag Chicken is well worth the effort and of course, Mrs Rogers Organic Garlic and Herb Salt adds the finishing flavour.

FEATURED PRODUCT:

Mrs Rogers Organic Garlic & Herb Salt.

INGREDIENTS

- 1 Whole Chicken
- 4 bags of Black Tea, and yes, upcycled used tea is just fine!
- 1 packet Mrs Rogers Organic Garlic and Herb Salt

INSTRUCTIONS:

1. Boil 4 cups of water and let the tea bags stew until the water is cold. Remove the tea bags and add the packet of Mrs Rogers Organic Garlic and Herb Salt. Stir to combine.
2. Butterfly the chicken and place into a container. Pour the tea mixture over the chicken and cover. Put in the fridge for at least 6 hours, if not overnight.
3. Heat your oven to 180°C. Drain the chicken and place onto a roasting tray. Cook for 40 minutes until the chicken is cooked and the skin is crunchy.
4. The result is a succulent chicken with a subtle yet recognisable flavour, it's the perfect way to upcycle your tea and enjoy a yummy meal.