

Roasted Poussins with Oregano & Orange



Serves 4

Prep 15mins

Cook 45-50 mins

Ingredients

4 Poussins
2 tbsp olive oil
2 tsp dried oregano
2 oranges

1. Heat oven to 180C. Put the poussins in a roasting tin, drizzle with the oil, sprinkle over the oregano and season.
2. Roast for 15 mins, then add the zest from one of the oranges, then squeeze and pour the juice from both over the birds. Return to the oven and roast for a further 35 - 40 mins.
3. Serve the birds and the gravy with a green vegetable such as green beans or broccoli and duchesse potatoes or new potatoes.