

SERVES 3-4

▶ GF



## HOLIDAY RECIPES

# EASY 1-TRAY ROAST CHICKEN

### Ingredients

- 1.5kg whole chicken
- 2 medium onions
- 2 carrots
- 2 or 3 large potatoes, quartered
- 1 whole bulb of garlic
- Olive oil
- Salt and pepper
- 1 lemon
- 1 bunch of mixed fresh herbs (such as; sage, thyme, rosemary)

### Method

1. Take the chicken out of the fridge 30 minutes before you want to cook it, to let it come up to room temperature.
2. Preheat the oven to 240°C.
3. Wash and roughly chop the vegetables, no need to peel them unless you want to. Break the garlic bulb into cloves, leaving them unpeeled.
4. Place all the veg (onion, carrots, potato), half the garlic and herbs into the middle of a large roasting tray and drizzle with oil.
5. Drizzle the chicken with oil and season well with sea salt and black pepper, then rub all over the skin. Place the chicken on top of the vegetables.
6. Carefully prick the lemon all over, using the tip of a sharp knife. Put the lemon inside the chicken's cavity, with the bunch of herbs and half of the garlic cloves.
7. Place the tray in the oven, then turn the heat down immediately to 200°C/400°F/gas 6 and cook for 1 hour 20 minutes.
8. Baste the chicken halfway through cooking and if the vegetables look dry, add a splash of water to the tray to stop them from burning.
9. When the chicken is cooked, take the tray out of the oven and transfer the chicken to a board to rest for 15 minutes or so. Cover it with a layer of foil.
10. Carve the chicken. Serve the roast meat with the veg, sauces, gravy or a side salad