



LEMON, HERB AND GARLIC ROAST CHICKEN

In our recipe, we roast a No. 12 chicken at 220°C for about 1 1/2 hours

INGREDIENTS

- No. 12 chicken
- Salt and pepper
- 2 lemons – sliced
- 2 cloves garlic
- Half bunch oregano
- 3 sprigs rosemary

METHOD

Use a roasting pan with a rack or large baking dish, season the whole chicken with salt and pepper.

Fill the cavity with lemon wedges, garlic, oregano or rosemary, salt and fresh ground pepper.

Refrigerate the seasoned chicken, uncovered, for an hour, or overnight. This will help the skin become extra crisp and the meat extra juicy. (You can skip this step if you don't have the time).

Place veggies of your choice – carrot, sweet potato, pumpkin, broccoli etc around the chicken for the final 20 minutes or so depending on how thick you like them.

Cooking times

For tender, fall off the bone meat and soft skin, roast between 150°C and 180°C for 1 1/2 to 2 hours, depending on the weight.

For firmer meat and crisp skin, roast the chicken around 220°C for 45 minutes to 1 1/2 hours, depending on the weight.