



Roast Chicken with Herbs and Vegetables

Serves 4

Ingredients:

4 lb. whole chicken
1 lemon
Fresh rosemary sprigs
Fresh thyme sprigs
2 cloves garlic
4 tablespoons butter
Salt
Ground black pepper
2 red onions
8 potatoes
4 carrots
4 parsnips
Extra-virgin olive oil

Directions:

1. Preheat oven to 450° F.
2. Rinse chicken and pat dry with paper towels. Place chicken in a large roasting pan, then squeeze lemon juice over chicken, covering all surfaces inside and out. Place squeezed lemon halves, several sprigs of both rosemary and thyme, and garlic inside cavity of chicken. Tie legs together with kitchen string. Rub butter all over chicken and season with salt and pepper.
3. Place onions, potatoes, carrots and parsnips around chicken then brush with olive oil; season vegetables with salt and pepper. Roast for 15 minutes then baste chicken and vegetables with pan juices. Lower temperature to 375° F. Continue to roast chicken, basting occasionally, until skin is golden and crisp, about 45 minutes more. Turn off oven and allow chicken to rest in oven, for 15 minutes. Carve chicken and garnish with additional fresh rosemary and thyme sprigs.

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RecipeIntro: A deliciously simple meal that really satisfies.

Season: Spring

Week: 202007

FeatureIntro: A fantastic dinner for the whole family.