




TRADITIONAL ROAST CHICKEN

 6 servings  Prep: 20 mins  Cook: 40 mins



INGREDIENTS

- 3 tsp olive oil
- 1 tsp salt, reduced sodium
- 1½ tsp dried rosemary
- 1½ tsp black pepper
- 1 kg chicken, whole
- 2 medium carrots, 0.5" thick
- 2 celery stalk, 1.0" thick
- 2 medium onions, sliced

OPTIONAL

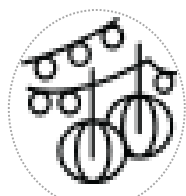
- 1½ tsp of paprika
- 10 garlic cloves
- 1 leek
- 3 sprigs fresh rosemary

METHODS

1. Pre-heat oven to 230 °C.
2. In a small bowl, prepare the chicken rub by mixing olive oil, salt, rosemary and black pepper.
3. Rub the chicken rub all over the chicken and set aside.
4. Boil the carrots and celery until soft. Drain away the water and set aside.
5. In a large roasting tray, place the onions, carrots and celery.
6. Place the seasoned chicken on top of the vegetables.
7. Bring the temperature down to 200 °C and bake the chicken for 30 minutes or until cooked.
8. Transfer the chicken and vegetables to a serving dish and enjoy!

Nutrition Information (per serving)

Energy 347 kcal, Carbohydrate 2.2g, Protein 30.5g, Fats 23.9g, Saturated Fats 6.9g, Polyunsaturated Fats >3.2g, Monounsaturated Fats >12.3g, Cholesterol 128mg, Dietary Fibre 1.4g, Sodium 284mg, Potassium 635mg, Phosphate >339mg



FESTIVE
DISHES