

Herb Roast Chicken

6 servings • Category: Dinner • Generated by Nutrifax

Ingredients

- 1800 g Chicken (roasting, meat only, raw)
- 2 tbsp Vegetable oil (olive)
- 3 tbsp Lemon juice (raw)
- 6 clove Garlic (raw)
- 1 1/2 tsp Salt (table)
- 1/2 × 5 ml whole Spices (pepper, black)
- 1 × 5 ml, ground Spices (thyme, dried)
- 1 tsp Spices (rosemary, dried)

Instructions

1. Preheat oven to 425°F (220°C). Pat the chicken dry with paper towels.
2. Mince the garlic. Mix with olive oil, thyme, rosemary, salt, and pepper to make a paste.
3. Rub the herb paste all over the chicken, including under the breast skin where possible.
4. Place chicken breast-side up on a rack in a roasting pan. Drizzle with lemon juice.
5. Roast for 1 hour 15 minutes, or until the juices run clear and a thermometer inserted in the thigh reads 165°F (74°C).
6. Rest for 15 minutes before carving. Spoon pan drippings over the carved meat.