



# Roast chicken



Serves: 4

## Time

Preparation time 20 minutes

Cooking time 2 hours 15 minutes

## Ingredients

- 1 large (approx 2.265kg/5lb) whole chicken
- 1 large onion, peeled and roughly chopped
- 2 carrots, peeled and roughly chopped
- 1 chicken stock cube (try to use low-salt) dissolved in 250ml boiling water
- 2 large garlic cloves, peeled and crushed
- 1 small handful of fresh parsley, finely chopped
- zest and juice of ½ a lemon
- low-calorie spray oil
- black pepper

## For the gravy

- 1 tablespoon cornflour, dissolved in a little cold water

## To serve

- mashed potato
- peas, sweetcorn and carrots



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## Method

1. Preheat the oven to 190°C or gas mark 5.
2. Remove any giblets from inside the chicken (if they're included) and set the bird onto a large roasting tin. Scatter the onion and carrots into the tray and pour in chicken stock.
3. Make a paste by mixing crushed garlic, chopped parsley, lemon zest and juice together.
4. At the neck end of the bird, you will find a flap of loose skin; use your fingers to gently loosen this away from the breast, creating a pocket, then smear half the paste over the breast of the bird. Smooth the skin back and smear the remaining paste on top of the skin, all over the bird (you may want to wear gloves). Spray the bird with oil and sprinkle with black pepper.
5. Cover the tray very tightly with tinfoil, creating a tent.
6. Roast in the center of the oven for 20 minutes per 450g (lb) plus 10–20 minutes extra – this will be 2 hours for a 2.265 kg (5 lb) bird. Baste about 3 times, but put the tinfoil back tightly after basting.
7. Meanwhile cook the mashed potato and vegetables. (Refer to the recipe for mashed potato).
8. When the chicken is cooked, remove it from the tray and place onto a warm serving platter, cover with foil and leave to rest while you make the gravy.
9. To make the gravy, sieve the juices into a small saucepan, pour in the cornflour paste a little at a time, stirring with a wooden spoon all the time, bring to the boil and allow it to thicken to your liking.
10. Serve the chicken with mash and cooked vegetables.