

Winner, winner, chicken dinner!
(Roast chicken) with green vegetables & rich roast gravy

Who doesn’t love roast chicken on a Sunday? The leftover meat and vegetables (if any) are perfect to start off the next week’s lunches. A size 16 chicken will feed 4.

Serves	4
Prep time	20 minutes
Cooking time	1 hour 40 minutes
Carb count	9.2 g per serving, including sides

EQUIPMENT
Knives, large roasting dish, large pot of boiling salted water, medium-sized pot, colander

INGREDIENTS
3 onions, peeled and halved
3 carrots, roughly chopped
2 parsnips, roughly chopped
1 size 16 free-range chicken
50 g (¼ cup) butter
salt and pepper to taste
10 g (2 tsp) chopped fresh rosemary
10 g (2 tsp) chopped fresh thyme
10 g (2 tsp) chopped fresh oregano
2 whole bulbs garlic, cut in half
2 lemons, halved
100 g (5 rashers) streaky bacon
60 ml (4 tbsp) cream

Sides
300 g (3 cups) Brussels sprouts (or green beans or asparagus, depending on season), trimmed
1 head broccoli, cut into florets
15 g (1 tbsp) butter

METHOD
Preheat oven to 180°C. Lay the prepared vegetables (onions, carrots, parsnips) in the roasting dish and place the chicken on top. Smear the chicken with the butter and season well. Place the herbs, garlic and halved lemons inside the chicken cavity. Take the streaky bacon and fold it in half lengthways. Tuck the bacon in between the chicken and the vegetables to protect the bacon from excessive cooking. Put the dish in the pre-heated oven for approximately 80 minutes.

After 30 minutes, stir the vegetables roasting with the chicken. Spoon over some of the cooking juices to baste the chicken. When the 80 minutes is up, remove the chicken and the bacon from the dish and sit them on a large plate. Carefully remove the herbs, lemon and garlic from the cavity and return them to the vegetables in the dish to go back in the oven for another 20 minutes. Cover the chicken and bacon with tin foil and a tea towel and let the chicken rest for at least 20 minutes.

Cook the Brussels sprouts in the large pot of water for 3 minutes, then add in the broccoli for a further 3 minutes – if using green beans or asparagus, cook at the same time as the broccoli for 3 minutes only. Drain the vegetables in the colander and return them to the now-empty pot. Add in the butter and some salt and cracked pepper, stir together and then leave in the pot to stay warm.

Take the roasted vegetables out of the oven. Arrange the vegetables on a large serving dish and pour the roasting juices into the medium-sized pot. Add a little water to the roasting dish and gently scrape off the sediment on the bottom – pour this into the pot with the roasting juices. Begin to heat the juices over a high heat to reduce. Transfer the chicken to

a chopping board and pour any juices into the gravy pot. Carve the chicken as you like, and arrange on the serving dish beside the vegetables and bacon. Add the cream to the roasting juices and continue to boil for 2 minutes. The result is a deliciously rich sauce/gravy with all the goodness of the roasted chicken and vegetables.

