



Herb-roast chicken



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g pancetta
- ☐ 800 g shallots trimmed
- ☐ 2 tbsp olive oil
- ☐ 2 chicken ()
- ☐ 500 ml chicken stock see hot
- ☐ 800 g pea-mond dressing
- ☐ 1 small tarragon roughly chopped

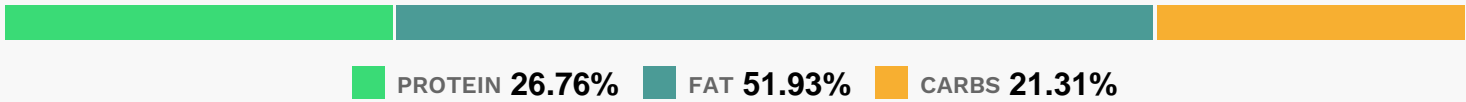
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Put the pancetta in a heavy-based frying pan and gently fry until crisp if you start the pancetta slowly from a cold pan you shouldnt need to add oil. Lift out with a slotted spoon and set aside.
- ☐ Add shallots to the pan, there should be some pancetta fat left, then fry for 10–15 mins until golden and starting to soften. Tip the shallots into your largest roasting tin.
- ☐ Rub the olive oil over both chickens, season well with salt and pepper, then snuggle the chickens into the tin. Roast for 1 hr 20 mins until golden and cooked through. To check theyre cooked, pierce the thighs through to the bone the juices should run clear. Lift the chickens onto a plate or another tin, cover with foil and rest while you finish the veg.
- ☐ Put the roasting tin directly on the hob and stir in the stock. Bubble for a few mins, scraping up any stuck bits, then stir in the peas, pancetta and most of the chopped tarragon. Bubble for a few mins more until the peas are cooked, then season and sit the chickens back on top, or transfer everything to a serving dish if you want a smarter presentation. Scatter the chickens with the remaining tarragon, and serve with potatoes mashed, jacket or roasted, or boiled new potatoes.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:9.96, Inflammation Score:-8, Nutrition Score:29.561739486197%

Nutrients (% of daily need)

Calories: 755.83kcal (37.79%), Fat: 43.5g (66.93%), Saturated Fat: 12.38g (77.35%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 30.47g (11.08%), Sugar: 12.17g (13.52%), Cholesterol: 161.23mg (53.74%), Sodium: 405.62mg (17.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.43g (100.87%), Vitamin B3: 15.67mg

(78.33%), Folate: 256.94µg (64.23%), Vitamin B6: 1.22mg (60.99%), Phosphorus: 549.46mg (54.95%), Selenium: 37.55µg (53.64%), Manganese: 0.82mg (40.79%), Fiber: 9.71g (38.84%), Iron: 5.72mg (31.78%), Potassium: 1091.81mg (31.19%), Vitamin B1: 0.47mg (31.18%), Zinc: 4.57mg (30.49%), Magnesium: 118.06mg (29.51%), Vitamin B5: 2.57mg (25.73%), Copper: 0.49mg (24.65%), Vitamin B2: 0.38mg (22.31%), Vitamin C: 11.64mg (14.1%), Vitamin B12: 0.72µg (11.92%), Vitamin E: 1.52mg (10.15%), Calcium: 86.56mg (8.66%), Vitamin K: 7.59µg (7.23%), Vitamin A: 302.02IU (6.04%), Vitamin D: 0.48µg (3.21%)