



Herby slow-roast chicken

 Gluten Free

READY IN



255 min.

SERVINGS



6

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small garlic separated peeled
- ☐ 1 large bunch rosemary
- ☐ 1 large bunch lemon thyme
- ☐ 1 large bunch sage
- ☐ 1 large bunch bay leaves
- ☐ 2 small lemon zest
- ☐ 4 tbsp olive oil
- ☐ 1 medium chicken canned

- ☐ 400 g carrots halved
- ☐ 500 g baby potatoes halved
- ☐ 2 medium onion red cut into wedges
- ☐ 100 g butter softened
- ☐ 150 ml wine

Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Roughly bash the garlic cloves and herbs (a rolling pin or meat mallet is good for this), then put in a large food bag or dish with the lemon zest, oil and chicken. Rub everything into the chicken, inside and out. Leave to marinate overnight.
- ☐ Heat oven to 140C/120C fan/gas
- ☐ Remove the chicken from the fridge 30 mins before you want to cook it.
- ☐ Put the vegetables in a large roasting tin and top with the chicken. Scatter the herbs and garlic from the marinade over, around and inside the bird. Push the 2 lemons inside the chicken too, halving to fit if necessary. Rub the butter all over the skin and season generously.
- ☐ Pour the wine into the tin with 150ml water, cover tightly with a tent of foil (so it doesn't touch the top of the bird) and cook for 2 hrs.
- ☐ Remove the foil and continue cooking for 1 hr more, or until the chicken is cooked and the juices run clear. Increase oven to 220C/200C fan/ gas 7 and roast for 25–30 mins more until the skin is really crisp. Lift the chicken from the tin to rest on a plate for 30 mins, covered again with the foil.
- ☐ Meanwhile, put the roasting tin on the hob and bubble to reduce the cooking juices a little.
- ☐ Add any juices from the rested chicken and season to taste.
- ☐ Serve the bird in the middle of the table to share, alongside the buttery veg.

Nutrition Facts

PROTEIN 17.97% FAT 64.21% CARBS 17.82%

Properties

Glycemic Index:61.26, Glycemic Load:13.81, Inflammation Score:-10, Nutrition Score:26.680434931879%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 609.12kcal (30.46%), Fat: 42.41g (65.25%), Saturated Fat: 15.47g (96.66%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 21.52g (7.83%), Sugar: 5.71g (6.35%), Cholesterol: 131.05mg (43.68%), Sodium: 250.6mg (10.9%), Alcohol: 2.61g (100%), Alcohol %: 0.89% (100%), Protein: 26.71g (53.42%), Copper: 5.33mg (266.62%), Vitamin A: 11787.48IU (235.75%), Vitamin B3: 10.28mg (51.39%), Vitamin B6: 0.87mg (43.31%), Vitamin C: 29.34mg (35.56%), Phosphorus: 280.19mg (28.02%), Selenium: 19.15µg (27.36%), Manganese: 0.54mg (27.01%), Potassium: 902.3mg (25.78%), Fiber: 4.96g (19.83%), Vitamin K: 19.34µg (18.42%), Vitamin E: 2.57mg (17.15%), Vitamin B5: 1.67mg (16.74%), Magnesium: 64.52mg (16.13%), Iron: 2.7mg (15.01%), Zinc: 2.25mg (15%), Vitamin B2: 0.25mg (14.54%), Vitamin B1: 0.22mg (14.4%), Folate: 43.25µg (10.81%), Calcium: 84.7mg (8.47%), Vitamin B12: 0.42µg (7.03%), Vitamin D: 0.25µg (1.69%)