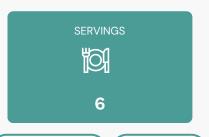


Herby slow-roast chicken

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

Ш	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
Ec	uipment
	oven
	aluminum foil
	rolling pin
	meat tenderizer
Di	rections
	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 doesnt 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

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, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Hesperetin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.03mg, Apigenin: 0.

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%)