



## Lemon & thyme butter-basted roast chicken & gravy

READY IN



115 min.

SERVINGS



4

CALORIES



576 kcal

SAUCE

### Ingredients

- ☐ 50 g butter softened
- ☐ 1 bunch thyme sprigs fresh leaves picked
- ☐ 4 garlic clove whole mashed
- ☐ 2 optional: lemon halved
- ☐ 1 chicken
- ☐ 2 carrots roughly chopped
- ☐ 1 onion roughly chopped
- ☐ 2 bay leaves

- ☐ 1 tbsp flour plain
- ☐ 250 ml chicken stock see
- ☐ 1 tablespoon soya sauce

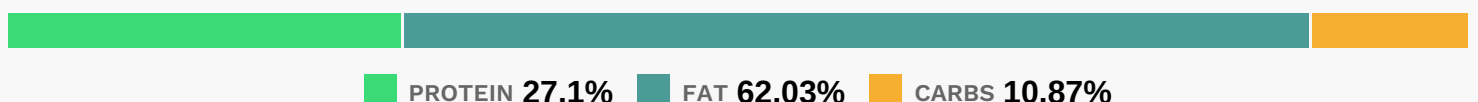
## Equipment

- ☐ bowl
- ☐ oven
- ☐ tongs

## Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ In a small bowl, mash the butter with one-third of the thyme leaves, the mashed garlic and the juice of half a lemon.
- ☐ Mix everything together with some seasoning and set aside.
- ☐ Use your hand to loosen the chicken skin away from the breast, then push most of the butter mix into the gap. Rub the rest of the butter all over the outside of the chicken, then stuff the cavity with the lemon halves, remaining thyme leaves and stalks, and the garlic.
- ☐ Scatter the chopped carrot, onion and bay leaves over the base of a small roasting tin. Sit the chicken on top, breast-side up, and roast on the middle shelf for 1 hr 30 mins, basting with the buttery juices after about 40 mins. When the chicken is dark golden, crispy-skinned and the juices run clear, remove from the oven and leave in the tin for 5 mins. Use a pair of tongs to pull the lemons, garlic and thyme out of the cavity and into the tin. Lift the chicken up, letting any juices dribble into the tin, and transfer the chicken to a serving platter to rest for at least another 15 mins.
- ☐ To make the gravy, squeeze the juice out of the cooked lemon halves and discard the skins.
- ☐ Place the tin on a low heat, stir in flour and sizzle until light brown. Gradually pour in the stock and cook for a few mins. If you like a darker gravy, add a splash of soy sauce to the tin. Strain the gravy into a jug and serve with the chicken.

## Nutrition Facts



## Properties

Glycemic Index:78.58, Glycemic Load:3.83, Inflammation Score:-10, Nutrition Score:23.551304464755%

## Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

## Nutrients (% of daily need)

Calories: 576.22kcal (28.81%), Fat: 39.9g (61.38%), Saturated Fat: 14.89g (93.07%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 12.59g (4.58%), Sugar: 5.08g (5.65%), Cholesterol: 171.61mg (57.2%), Sodium: 579.59mg (25.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.22g (78.45%), Vitamin A: 5739.52IU (114.79%), Vitamin B3: 14.67mg (73.37%), Vitamin C: 38.19mg (46.29%), Vitamin B6: 0.88mg (43.76%), Selenium: 30.43µg (43.47%), Phosphorus: 340.94mg (34.09%), Vitamin B2: 0.35mg (20.41%), Vitamin B5: 2.01mg (20.14%), Potassium: 671.7mg (19.19%), Zinc: 2.83mg (18.9%), Iron: 2.76mg (15.36%), Vitamin B1: 0.22mg (14.35%), Magnesium: 56.23mg (14.06%), Fiber: 3.14g (12.55%), Manganese: 0.24mg (11.91%), Vitamin B12: 0.61µg (10.19%), Copper: 0.19mg (9.68%), Folate: 36.8µg (9.2%), Vitamin E: 1.17mg (7.81%), Vitamin K: 8.05µg (7.67%), Calcium: 67.36mg (6.74%), Vitamin D: 0.38µg (2.54%)