



WHATSheATE



Tarragon & mustard roasted free-range chicken



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



794 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large bunch tarragon
- ☐ 2 large onion
- ☐ 2 large carrots
- ☐ 3 sticks celery
- ☐ 1 head fennel bulb
- ☐ 100 ml olive oil
- ☐ 1 garlic

- ☐ 2 chicken free-range
- ☐ 1 optional: lemon quartered
- ☐ 1 tbsp dijon mustard
- ☐ 0.5 bottle red wine hearty
- ☐ 500 ml vegetable stock

Equipment

- ☐ bowl
- ☐ oven
- ☐ skewers
- ☐ gravy boat

Directions

- ☐ Preheat the oven to fan 180C/ conventional 200C/gas
- ☐ Put the tarragon stalks, vegetables, olive oil and garlic in a heavy roasting tin.
- ☐ Place on a high heat and cook for 10 minutes, stirring occasionally, until the vegetables start to brown. While the vegetables are cooking, remove any string from the chickens, sprinkle the cavities with salt and pepper and stuff the lemon quarters inside.
- ☐ Lay the chickens, breast-side down, on top of the veg. Season with salt and pepper, scatter over half the chopped tarragon leaves, then drizzle with a little olive oil. Roast for 20 minutes. Meanwhile, mix 1 tbsp mustard with the remaining chopped tarragon leaves.
- ☐ Remove the roasting tin from the oven, turn the chickens over and spread with the mustard mixture. Return the chickens to the oven and roast for a further 40 minutes or until the juices run clear when a thigh is pierced with a skewer.
- ☐ Remove the chickens to a dish or 2 large plates and cover each one with an upturned bowl. Skim any excess fat from the roasting tin.
- ☐ Place the tin on a high heat, pour in the wine, and boil for 8–10 minutes until the wine has almost completely reduced. Now pour in the stock and bring to the boil, then simmer for 5–7 minutes until reduced by half. Stir in 1 tsp mustard, season to taste and strain into a gravy boat.

Nutrition Facts



 **PROTEIN 26.46%**  **FAT 65.09%**  **CARBS 8.45%**

Properties

Glycemic Index:61.39, Glycemic Load:4.09, Inflammation Score:-10, Nutrition Score:29.821304269459%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 1.24mg, Petunidin: 1.24mg, Petunidin: 1.24mg, Petunidin: 1.24mg Delphinidin: 1.26mg, Delphinidin: 1.26mg, Delphinidin: 1.26mg, Delphinidin: 1.26mg Malvidin: 8.65mg, Malvidin: 8.65mg, Malvidin: 8.65mg, Malvidin: 8.65mg Peonidin: 0.78mg, Peonidin: 0.78mg, Peonidin: 0.78mg, Peonidin: 0.78mg Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 4.27mg, Eriodictyol: 4.27mg, Eriodictyol: 4.27mg, Eriodictyol: 4.27mg Hesperetin: 5.42mg, Hesperetin: 5.42mg, Hesperetin: 5.42mg, Hesperetin: 5.42mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Apigenin: 0.67mg, Apigenin: 0.67mg, Apigenin: 0.67mg, Apigenin: 0.67mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 2.52mg, Isorhamnetin: 2.52mg, Isorhamnetin: 2.52mg, Isorhamnetin: 2.52mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 793.86kcal (39.69%), Fat: 53.91g (82.94%), Saturated Fat: 13.15g (82.22%), Carbohydrates: 15.75g (5.25%), Net Carbohydrates: 11.97g (4.35%), Sugar: 6.64g (7.38%), Cholesterol: 190.44mg (63.48%), Sodium: 595.26mg (25.88%), Alcohol: 6.63g (100%), Alcohol %: 1.47% (100%), Protein: 49.31g (98.61%), Vitamin A: 4747.33IU (94.95%), Vitamin B3: 18.17mg (90.86%), Vitamin B6: 1.11mg (55.25%), Selenium: 38.37µg (54.81%), Vitamin K: 46.99µg (44.75%), Phosphorus: 445.36mg (44.54%), Vitamin C: 24.85mg (30.12%), Potassium: 993.56mg (28.39%), Vitamin B5: 2.64mg (26.41%), Zinc: 3.75mg (24.97%), Vitamin B2: 0.4mg (23.47%), Vitamin E: 3.44mg (22.92%), Manganese: 0.46mg (22.75%), Iron: 3.75mg (20.81%), Magnesium: 82.39mg (20.6%), Fiber: 3.77g (15.09%), Vitamin B1: 0.22mg (14.58%), Folate: 53.47µg (13.37%), Vitamin B12: 0.79µg (13.12%), Copper: 0.21mg (10.54%), Calcium: 101.96mg (10.2%), Vitamin D: 0.51µg (3.39%)