



ROAST CHICKEN & VEGETABLES



Prep time
20 min



Cooking time
1 h 30 min



Portions
6



30 min @180°C
breast-side down.
turn over
20 min @200°C



Roast Chicken

Chef Notes

- Pat the chicken dry before seasoning to help the skin become golden and crispy.
- Cut the vegetables into similar-sized pieces so they roast evenly.
- Don't overcrowd the tray. Leave space between the vegetables so they roast instead of steam.
- Rest the chicken for 10-15 minutes after cooking before carving. This keeps the meat juicy and tender.
- Take the chicken out of the fridge 20-30 minutes before roasting

Skill Badges



Ingredients

4 carrots, rinsed and cut into 3 cm pieces
1 red onion, peeled and quartered
4 potatoes, cut into wedges or 500g baby potatoes
Drizzle of olive oil
Pinch of salt
1 whole chicken, patted dry with a paper towel
2 tsp chicken spice blend
2 tbsp melted butter
1 small lemon
fresh thyme & rosemary
1 cup water

Equipment

chopping board
knife
large roasting tin
paper towel
small bowl

Method

Step 1

Preheat the oven to 200°C. Make sure the oven shelves are in the middle of the oven.

Step 2

Chop the vegetables into chunks, scatter them over the base of a roasting tin. Add whole cloves of garlic. Sprinkle with salt, and drizzle with olive oil. Place in the oven to roast.

Step 3

Pat chicken dry with paper towels and stuff the lemon halves and fresh herbs in the cavity.

Step 4

Melt the butter and smother the breast and legs all over with it, then season the outside with chicken seasoning.

Step 5

Take the vegetables out of the oven and make a nest for the chicken. Add 1 cup of water. Place the chicken and vegetables back in the oven and roast for about 1 hour and 30 minutes. Check and turn vegetables, so it does not burn.

Roast chicken timing guide

1.2-1.8 kg chicken → 1 hour 30 minutes
1.8 kg → 1 hour 45 minutes
2 kg chicken → 1 hour 55 minutes

Step 6

To check if it is cooked, pierce the thigh with a skewer; the juices should run clear. Leave to rest for 15 minutes before carving.