

Succulent Lemon Roast Chicken

There is something special about sharing a roast meal such as this with family and friends. It smells delicious, looks amazing on the table and creates a great anticipation. The lemon is the secret weapon of this recipe which is sure to become a favourite in your home. I like to make this meal go further by setting aside leftover root vegetables for a salad or frittata the next day, saving leftover chicken for salads or wraps, and I then use the remaining carcass to make chicken stock.

SERVES **8**

PREP TIME **20**

COOK TIME **1.5**
HRS

GF DF

- 1 medium free range **chicken**
- 10 cups (1kg, 2lbs) **roasting vegetables** - potatoes, carrots, pumpkin, kumara (sweet potato)
- 1 **onion**, quartered
- 6 **garlic cloves**, skin on
- 2-3 Tbsp **olive oil**
- 3 **lemons**, juiced and zested

- 1 Pre-heat oven to 180 degrees C (360 degrees F) with a baking dish inside. Wash and chop root vegetables into similar sizes, leaving the skin on.
- 2 Par boil the vegetables in salted water for 8-12 minutes until just under-cooked. You may want to separate the different types to ensure they all cook to a similar tenderness. Drain them give them a good shake in the pot allowing the steam to rise. This allows them to go slightly crumbly around the edges, which will create lovely crispy deliciousness once roasted.

- 3 Carefully oil your now hot baking dish. Add the par boiled vegetables along with the quartered onion and garlic cloves and give them a shake around to coat.
- 4 Place the chicken on top. Season with salt and pepper. Finely zest and juice the lemon into a small bowl and pour this over chicken and vegetables.
- 5 Oven bake for around 1 ½ hours spooning the juices back over it all 2-3 times during cooking. If you prefer crispier vegetables, half way through the cook time, move them into a separate pan or baking tray and spread them out well, turning them every 20 minutes.
- 6 Slice into the chicken to check that it is well cooked and the juices run clear. Carve and serve hot with the roasted vegetables and lightly steamed greens.

Note - Keep the garlic cloves close to the chicken while cooking so they don't burn. Once cooked you will be able to squeeze the soft caramelised garlic centre out of the skin on your plate.

