

ROASTED CHICKEN

Time: 100 minutes

Serves: 6

Ingredients:

2.5Kg free-range chicken
6g kosher salt
1 lemon
250ml chicken stock
Few grinds black pepper
30g butter

Preparation:

Preheat your oven to 220C.

Rinse the chicken inside and out under cold, running water. Pat dry with paper towels and sprinkle with the salt.

Cut the lemon in half, placing one half in the chicken cavity, cut side in.

Truss the chicken and place on the rack of a roasting pan with one centimetre of water in the bottom.

Place in the oven for ninety minutes or until an instant read thermometer placed in the thigh reads 71C.

Transfer the chicken to a cutting board and pour the pan jus into a pot.

Add the stock to the pot, juice the remaining half lemon into it and whisk in the pepper. Boil on high for ten minutes.

Remove from heat, whisk in the butter and season with additional salt if required.

Carve the chicken and serve with the pan sauce on the side.

Nutritional Information Per Serving (based on one leg with skin):

Calories: 358
Fat: 23g
Carbs: 0g
Fibre: 0g
Protein: 36g