



## Roast Chicken & Roast Vegetables

**\*Tip: Two chickens are being prepared - one for dinner and one to be consumed during the week.**

### Roast Chicken Ingredients

2 whole chickens  
 4 tbsp olive oil  
 Sea salt and pepper  
 4 lemons, sliced  
 Generous handful of fresh herbs such as parsley / thyme / rosemary  
 8 cloves garlic  
 2 onions, sliced

### Instructions

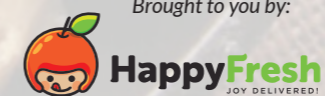
1. Heat the oven to 175C and arrange a rack in the middle.
2. Clean the chickens and cut off and discard any extra fat hanging around the body cavity.
3. Place the chickens on an oven tray.
4. Drizzle the oil on the chickens and rub it all over the skin. Season inside and out with salt and pepper. Place the sliced lemon and herbs inside the chickens.
5. Place some of the garlic and onion inside the chickens and some around the chickens.
6. Cover with foil and place in the oven. Roast for approximately 40 minutes.
7. Remove from the oven and remove the foil. Reduce heat to 150C and continue to roast until cooked through - approximately another 20-30 minutes.
8. Remove chickens from oven and allow to sit for 10 minutes before carving. If chicken is still pink in the middle, finish carving the chicken and pop back in the oven until cooked.

### Roast Vegetables Ingredients

Vegetables of choice  
 Olive oil  
 Fresh herbs such as rosemary, basil, dill  
 Salt and pepper to taste

1. Slice vegetables and drizzle with olive oil and herbs such as rosemary, basil, dill. Season with salt and pepper.
2. Roast in the oven till cooked. Usually takes about 20 - 30 minutes.

*Tip: Place vegetables such as peppers, eggplant, and zucchini together; pumpkin, potatoe and parsnips together due to the different cooking times.*



Content Collaboration:

