



ROAST CHICKEN WITH HERBS STUFFED UNDER THE SKIN

(FOR 4 SERVINGS)

TOTAL PREPARATION AND COOK TIME: 1 H 45 MIN – DIFFICULTY: MEDIUM – CANNOT BE FROZEN

INGREDIENTS

- 120 g | 1/2 cup unsalted butter, softened
- 1 handful flat-leaf parsley, roughly chopped
- 1 small handful thyme, roughly torn
- 1 small handful rosemary, roughly torn
- 1 whole chicken, ~1.5 kg, trimmed with giblets removed
- 2 - 3 large carrots, peeled and cut into batons
- 2 - 3 large parsnips, peeled and split in half
- 2 tbsp olive oil
- salt
- freshly ground black pepper

PREPARATION METHOD

1. Preheat the oven to 180°C (160° fan) | 350F | gas 4.
2. Mash the butter with the parsley and about half of the thyme and rosemary in the mixer. Season with salt and pepper.
3. Carefully pry the skin away from the crown of the chicken; fingertips work best for this.
4. Carefully pack the herbed butter between the separated skin and the breasts. Sit the chicken on a bed of the carrots, parsnips, and remaining herbs in a roasting tray.
5. Rub the outside of the chicken with the olive oil. Season with plenty of salt and pepper.
6. Roast for about 1 hour 20 minutes until the juices run clear when the thickest part of the thigh is pierced; it should register at least 74°C | 175F on a meat thermometer.
7. Remove from the oven and let rest, covered with aluminium foil, for at least 10 minutes before serving.