



Jamie Oliver's easy roast chicken

Easy roast chicken dinner. Serves 6. Per serve:
Cal: 521; Fat: 34.3g; Pro: 48.1g; Carbs: 4.4g.

Serves: 6, Prep time: 00:15, Cook time: 01:30

Instructions

Preheat oven to 240 deg and take chicken out of fridge 30 min before using. Chop vegetables and the end off the bulb garlic and place in bottom of oven dish. drizzle 1/4 cup olive oil and season. Brush outside of chicken with olive oil and season with salt and pepper. Take a lemon and microwave 40 secs. Put inside chicken cavity with the herbs and place on top of vegetables.

Turn oven down to 200 degrees and cook chicken and vegetables for 1 hr, 20 minutes. Baste chicken 1/2 way through. Once done, take out of oven and leave to rest on board, covered in tinfoil, for 15 minutes

Ingredients

- 1.6 kilograms Chicken (free range if possible) (3 lb 8.5 oz)
- 0.25 cups Olive oil
- 2 Medium carrots
- 1 Medium onion, quartered
- 2 medium stalks celery, chopped into fingers
- 1 Bulb garlic
- 1 Lemon
- to season Salt, table, iodised
- to season Black pepper
- to season Rosemary, fresh
- to season Thyme, fresh
- to season Oregano, fresh