

Roast Chicken & Root vegetables



Ingredients (Serves 4): 1 Free-range chicken 1.5-2kg, handful of fresh sage leaves, 1 onion, Mix of root vegetables; sweet potato, turnip, Jerusalem artichoke, carrots, beets, pumpkin, squash (chopped into bite-size chunks), olive oil / coconut butter / lard, baking paper or foil

Optional: Other fresh herbs; oregano, thyme, rosemary, marjoram. Bacon or pancetta to cover the chicken,

Preparation: <10 mins chopping vegetables, <1-1.5 hrs cooking time (based on exact weight of the chicken. Cooking time is usually indicated on the pack or if buying direct from the butcher aim for 25 minutes per 500g, plus an extra 25 minutes and then rest for 10-12 minutes before carving).

1. Pre-heat oven to 180-190C
2. Prepare a baking tray with a small amount of oil/ lard / coconut oil to cover the tray.
3. Peel the onion and insert it whole inside the inner cavity of the chicken.

4. Wash, peel* and chop the vegetables into bite-sized chunks and place in the tray alongside the chicken.
5. Cover with baking paper / foil for the first 30-40 minutes to help cook the meat evenly, and place the tray in the oven.
6. Remove the paper (keep for later) and using a large spoon baste the chicken and vegetables with the fat in the pan, and by turning the vegetables. If necessary add in a little more fat however the chicken should naturally provide some extra juice to cook in.
7. Once the cooking time is complete check the meat with a large skewer by inserting it into the centre of the meat and seeing if the juices that escape are clear. If there is any sign of blood return to the oven and cook for a further time. Repeat this same process.
8. Once cooked, remove the meat and cover with the discarded baking paper / foil and leave to stand for c. 10 mins before carving.
9. If the vegetables are nicely golden they can be transferred into a serving dish and kept warm in the oven. If they require extra cooking leave them in until golden.

Serving suggestions & Accompaniments:

1. Steamed greens: broccoli, spinach, kale, bok choy, cabbage, Brussel sprouts