

Herb-Roasted Chicken

Ingredients

- 1 whole chicken (about 4–5 lbs)
 - 3 tbsp olive oil (or melted butter)
 - 4 garlic cloves, minced
 - 1 lemon, halved
 - 1 onion, quartered
 - Fresh herbs (about 4–5 sprigs each of rosemary, thyme, and parsley)
 - 1 tsp dried oregano
 - 1 tsp paprika
 - Salt and black pepper, to taste
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Instructions

1. Preheat the Oven

Heat oven to **425°F (220°C)**.

2. Prepare the Chicken

- Pat the chicken dry with paper towels (crispy skin tip).
- Rub the cavity with salt and pepper.
- Stuff the cavity with onion, lemon halves, and a few sprigs of herbs.

3. Season the Outside

- Mix olive oil, garlic, paprika, oregano, salt, and pepper in a small bowl.
- Rub this mixture all over the chicken (including under the skin if possible).
- Place remaining herbs under the skin and on top.

4. Roast the Chicken

- Place the chicken breast-side up on a roasting rack in a pan.

- Roast for about **1 hour 15 minutes** (or until a thermometer inserted into the thickest part of the thigh reads **165°F / 74°C**).
- Baste the chicken with pan juices halfway through cooking.

5. **Rest Before Serving**

- Remove from oven and cover loosely with foil.
- Rest for **10–15 minutes** before carving to keep juices inside.

Optional Additions

- Toss chopped carrots, potatoes, and parsnips with olive oil and scatter around the chicken for a built-in side dish.
 - Add a splash of white wine or chicken stock to the roasting pan for extra flavor.
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