

Oven-Baked Whole Chicken

Ingredients:

- 1 whole chicken (about 1.5 to 2 kg)
- 3 tbsp olive oil or melted butter
- 1 lemon (cut in halves)
- 4 garlic cloves (crushed)
- 1 tsp paprika
- 1 tsp dried thyme or rosemary (optional)
- Salt and pepper, to taste
- Fresh herbs (like rosemary, thyme, or parsley) for stuffing (optional)
- 1 onion (quartered, optional)

Instructions:

1. **Preheat oven** to 200°C (400°F).
2. **Prepare the chicken:**
 - Remove any giblets inside the chicken cavity.
 - Pat the chicken dry with paper towels.
3. **Season the chicken:**
 - Rub olive oil or melted butter all over the chicken, including under the skin if possible.
 - Season generously with salt, pepper, paprika, and dried herbs.
 - Stuff the cavity with lemon halves, garlic cloves, and fresh herbs if you have them.
 - Optionally, add onion quarters inside or around the chicken for extra flavor.
4. **Roast the chicken:**
 - Place the chicken breast side up on a roasting pan or ovenproof dish.
 - Roast for about **1 hour 15 minutes to 1 hour 30 minutes** (approximately 20 minutes per 500g), or until the juices run clear when you cut between a leg and thigh.
 - Halfway through cooking, baste the chicken with the pan juices for extra moistness.
5. **Rest the chicken:**
 - Remove from oven and let it rest for 10-15 minutes before carving to keep it juicy.
6. **Serve and enjoy!**

