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Healthy roast chicken

Recipe by: YummyStepford



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Ready in **1 hour 20 min**

Picture by: chibi chef

Gorgeous roast chicken and vegetables with all the taste but healthier!

Ingredients

Serves: 6

1 lemon

2 sprigs of rosemary, chopped

2 sprigs of thyme, chopped

6-8 cloves of garlic, chopped

sea salt and freshly ground pepper to taste

1 tablespoon olive oil

1 (2kg/4 lb) whole chicken

300g (11 oz) new potatoes

1/2 butternut squash or same amount of carrots and parsnips

2 red onions, chopped

250ml (8 fl oz) white wine

Preparation method

Prep: 10 min | Cook: 1 hour 10 min

1. Preheat oven to 220 degrees C (Gas Mark 7).
2. Finely grate lemon zest into a bowl and add the rosemary and 2 cloves of the garlic, salt, pepper and teaspoon of olive oil; mix. Rub mixture under the chicken skin. Cut the lemon in half and pop inside chicken cavity. If you want you can brush olive oil or butter onto the chicken skin with some salt but this isn't nearly as healthy.

3. Roast for 20 minutes then turn the oven down to 190 degrees C (Gas 5). Roast for another 50 minutes. (Remember to follow the 20 minutes per pound of chicken plus 20 minutes)
4. Place the new potatoes and vegetables, sliced onion and garlic cloves into a roasting tray. Season with salt and pepper, and sprinkle with olive oil. Roast for an hour.
5. The vegetables and chicken should be covered and left to rest for 10 minutes before serving.
6. Pour the the meat juices from the roasting tray into a small saucepan. Add the wine, stirring quickly. Use as gravy to serve. Remove the skin if you want to reduce the fat and calories!

Watch how!

Watch our [video](#) to see how to make a perfectly roasted chicken every time. [Watch now!](#)

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