

LEMON & HERB ROAST CHICKEN

1 whole Cranstons Chicken • 2 Lemons, halved • 4 tbsp Olive Oil •
4 sprigs Fresh Thyme, leaves picked • 2 sprigs Fresh Rosemary, roughly
chopped • 2 cloves Garlic, crushed • 1 medium Onion, peeled and chopped
• Black Pepper, freshly ground

COOKING TIME: 25 MINS PER 100G + 25 MINS **SERVES:** 6

- **For the marinade:** In a blender add the herbs and blitz, add the onion and blitz further. Add the oil and blend until a smooth paste. Juice the lemons and add this to the onion and herbs, blending until well mixed.
- Baste the chicken in the marinade, cover and refrigerate for 4 hours (minimum), though overnight is best.
- Pre-heat the oven to Gas Mark 6 / 200°C / 400°F.
- Place the chicken in the middle of the oven and roast uncovered for the correct cooking time. Rotate if required.
- Once cooked through, serve with seasonal vegetables or with piri piri sauce, cous cous and sides.

For a more intense flavour, stuff the chicken with a lemon, a sprig of thyme and a sprig of rosemary. This marinade works equally as well with Cranstons Chicken Supremes.

BECAUSE YOU CAN'T BEAT A ROAST, WHY NOT TRY...

Cranstons Leg of Lamb with Rosemary Butter or Cranstons Gammon Joint roasted in Ginger Ale.

SPRING TIME ROASTS WITH CRANSTONS

RECIPE CARD



PTO FOR...
**HONEY &
MUSTARD
ROAST BEEF**

Lemon & Herb Roast Chicken

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