

Slow cooked herby roast chicken



 Serves: 6  Prep: 20 minutes  Cook: 1 hour 50 minutes  [Stack Cup](#)

Get your friends and family over for this fragrant herby slow cooked chicken, perfect for that Sunday roast dinner. Their mouths will be watering as they walk through the door!

Metric

Imperial

ingredients

1 x 1.5kg whole chicken

1500 g

1/4 cup flat leaf parsley, roughly chopped

16 g

1 tbs garlic infused olive oil

18 g

Sea salt

1 lemon, cut in half	
4 sprigs rosemary	15 g
1 x small bunch thyme	10 g
150ml dry white wine	150 g
2 tbs extra virgin olive oil	37 g
1.5 tbs butter	30.0 g

Method

Step 1

Dry the chicken skin: pat the outside of the chicken dry with a paper towel or leave it uncovered in the fridge for at least an hour.

Step 2

Preheat oven to 120°C/240°F

Step 3

Place the chicken on a roasting tray. Gently lift up the chicken skin at the top of the chicken near the breasts with your index finger and be careful that the skin does not rip. Using one hand to hold the chicken, gently separate the area between the chicken breast and skin with your fingers.

Step 4

Drizzle in some of the garlic infused olive oil underneath the skin. Very gently push the parsley underneath the skin and sprinkle in a little pinch of salt, being careful to not tear the skin.

Step 5

In the cavity of the chicken, place the lemon halves, rosemary & thyme and tie the legs together with kitchen string.

Step 6

Drizzle the chicken with olive oil, pour the wine around the base and season with salt. Roast in preheated oven for 1.5 hours.

Step 7

Remove the chicken and increase the oven temperature to 220°C/430°F

Step 8

Rub the butter all over the chicken and cook for an extra 15-20 minutes, basting the chicken with the juices from the pan for 5-10 mins.

Hints

- Add any low FODMAP vegetables in the roasting tray to complete your meal (i.e. carrots, parsnip, potato)
- Don't let the herbs in the recipe limit you! Be creative with the herbs you choose to stuff in the cavity and under the skin