

# Lemon Garlic Roast Chicken

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 2 kg (4lbs) whole organic chicken
- 2 lemons, halved
- 2 garlic cloves, minced
- 1 tsp dried basil
- 4 tbsp ghee, butter or olive oil
- 1 tsp dried parsley
- 1 tsp rosemary or oregano
- 1/4 tsp sea salt and freshly cracked black pepper
- 4-5 medium carrots, unpeeled if organic, roughly chopped,
- 5-6 medium potatoes, any kind, unpeeled if organic, roughly chopped
- 2 small onions, roughly chopped
- 1-2 tbsp extra-virgin olive oil

## Instructions:

1. Place chicken on roasting pan or baking sheet breast side up and let sit for 25-30 minutes to come up to room temperature.
2. Preheat oven to 350F (180C). Remove chicken from fridge, rinse both the inside and the outside with water and pat dry.
3. Melt ghee or butter on the stovetop over a low temperature. Add the minced garlic and juice from half a lemon. Mix together.
4. Pour the lemon garlic ghee mixture over top of the chicken. Season with dried herbs, sea salt and pepper.
5. Stuff chicken with remaining lemons and half of the chopped onion.
6. Place carrots, potatoes and remaining onion around the chicken. Drizzle vegetables with olive oil and season as you like.
7. Place in oven and roast until internal temperature reaches 165F (74 C)\*. It will take anywhere from 50 minutes to 1.5 hours, it really depends on the size of your chicken and your oven. Baste chicken and veggies halfway through cooking.
8. Once it's finished cooking, remove from oven and place on cutting board to rest for 15 minutes before carving.

## Notes:

Serves 4. \*I don't have a meat thermometer and it usually takes about an hour and a quarter but if you want to be really sure it's done a thermometer is the way to go!