ROAST CHICKEN WITH VEGETABLES

Roast chicken

Preheat the oven to 180°C. Stuff the chicken with diced onion, carrot and celery; rub with olive oil; and season with salt and pepper. Place the chicken in a roasting pan, squeeze the lemon over the chicken and add the halves to the roasting pan. Add the rings of onion, garlic and roughly chopped carrots. Wrap the baking tray with chicken in tinfoil, and roast for 50 minutes. Remove the tinfoil, carefully pouring all the juices into a jug, and place the chicken, roughly chopped carrots, garlic and onion rings back into the roasting pan.

Return to the oven and roast for a further 20 minutes or until the skin has turned golden brown and crisp. Pour juices into a saucepan, add red wine and allow to reduce slightly. Stir in flour to thicken the gravy.

Serve chicken with gravy; roast cinnamon butternut; roast parsnips; caramelised onion; roast beetroot; roast potato; and garlic, fennel and chilli broccolini.

1 whole chicken
1 onion, diced
2 carrots, diced
2 celery sticks, diced
olive oil
salt and pepper
1 lemons, sliced in half
2 onions, sliced into 1.5cm rings
1 garlic head, sliced in half
4 carrots, roughly chopped
100 ml red wine
10 ml cake wheat flour

Roast parsnips

Preheat the oven to 180°C and line a roasting pan with baking paper. In a bowl, mix honey, butter and oil. Add parsnips and toss to coat well. Roast for 20 to 30 minutes or until tender. Season to taste.

100 ml honey
30 ml butter
15 ml olive oil
500 g parsnips, scrubbed clean
salt and pepper

Caramelised onion

Preheat the oven to 170°C and line a roasting pan with baking paper. Halve the onions widthways, leaving the top and tail on as well as the skin. Sprinkle sugar on a plate. Rub the cut ends of the onions with butter, dip them in the sugar and place face down on the baking paper in the roasting pan. Roast for 30 minutes or until golden brown and tender. Allow to cool slightly, then remove the onion skins.

6 onions
40 g muscovado sugar
(or brown sugar)
50 g butter
salt and pepper

Serves 4–6