

Recipe
8

Serves
6+

Roast Chicken



Ingredients

1 x 2-3kg whole chicken or legs
(enough for the group)

Equipment

1 Baking tray and a knife or skewer.

Method

1. Preheat the oven to 190°C or Gas Mark 5.
2. The chicken could be stuffed with onion, lemon and garlic to add flavour. Chicken legs require around 30-40 minutes.
3. Put the chicken into the baking tray. Place it into the oven and roast for 1 - 1 ½ hours. Chicken legs require around 30-40 minutes.
4. Check that the chicken is cooked completely by piercing the thickest part of the leg with a clean knife or skewer. The chicken is cooked when the juices run clear.

Options

Use lemons, garlic or stuffing mixture to add extra flavour to the chicken.

Nutrition Information

Roast Chicken	per 100g	per portion (leg, no skin)
Energy (kJ)	736	1075
Energy (kcal)	176	257
Protein (g)	25.0	36.5
Fat (g)	8.4	12.3
of which saturates (g)	2.3	3.4
Carbohydrate (g)	0	0
of which sugars (g)	0	0
Fibre (g)	0	0
Sodium (mg)	75	109
Salt (g)	0.2	0.3

Notes

Key Messages

Healthy eating

- Roast chicken is an excellent source of protein. By removing the skin before eating, you can reduce the fat content by 60%.
- If you brush chicken with oil, use a healthy oil, such as olive or sunflower. Set the chicken on a rack in the roasting tin, so excess fat can drain away.

Money

- Leftover cooked chicken, stored correctly in the fridge, can be used the next day to make a sandwich, or put in a salad or on a pizza.
- Use chicken legs or thighs, these cuts of chicken are cheaper than breasts.

Food safety

- Keep raw chicken on the bottom shelf of the fridge until required.
- Thaw frozen chicken in the fridge, not on the countertop. A 2kg chicken will take approximately 24 hours to thaw thoroughly.
- Refrigerate chicken immediately when returning home from shopping.