



CITRUS-BUTTER ROAST CHICKEN

DIFFICULTY **EASY** ♦ PREP TIME **25 MINUTES EXCL 1 HOUR ROASTING TIME** ♦ SERVES **2**

Chicken is always a good option if you want something yummy that won't break the bank. This recipe, instead of using lemons, adds the citrus dimension with oranges, making for a sweeter roast.

1 clove of garlic, minced

a pinch of coarse salt

4 Tbsp unsalted butter, softened

2 oranges, 1 zested and both cut into 4cm wedges

2 tsp thyme, finely chopped, plus a handful of sprigs

1 whole chicken

2 red onions, cut into 3cm wedges

2 bulbs of garlic, cut in half

Preheat the oven to 230°C. Gently rinse your chicken and pat dry.

Using the blade of a broad knife, mash the clove of garlic and coarse salt into a paste. Combine the paste, softened butter, orange zest and chopped thyme. Carefully separate the skin from the breast of the chicken and rub half of the butter mixture under the skin. Season the outside with some salt.

Fill the cavity with 3 orange wedges, an onion wedge and thyme sprigs and place the chicken breast side up in a roasting pan. Scatter the halved garlic bulbs and remaining orange and onion wedges around the chicken, dotting a tablespoon of the butter mixture over them.



Place the chicken in the oven and roast for 30 minutes before removing and brushing with the remaining butter mixture. Turn over the oranges and onions and roast for another 15 minutes. If the oranges and onions have caramelized remove to avoid burning and roast for a further 15 minutes.

Remove from the oven and let the chicken rest for 10 minutes before carving and serving.