

Herb & Garlic Whole Roasted Chicken with Veggies

8 ingredients · 2 hours · 6 servings



Directions

1. Preheat the oven to 425°F (218°C).
2. Add the broccoli, brussels sprouts and garlic to a roasting pan. Toss in half the oil and half the sea salt.
3. Place the chicken on top of the veggies and coat in the remaining oil. Rub the sea salt, rosemary and thyme on all sides. Roast for 15 minutes.
4. Lower the heat to 350°F (177°C), rotate the pan and continue roasting until the internal temperature of the chicken reaches 165°F (74°C). This will take about 15 to 17 minutes per pound.
5. Remove from the oven and create a tent with foil over the chicken. Let it rest for 15 minutes before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Repurpose the leftovers in a salad, soup, wrap, stir-fry or fried rice.

Serving Size

One serving equals approximately 2/3 cup of cooked chicken and 2/3 cup of roasted veggies.

More Flavor

Add cumin, paprika and black pepper. Stuff the cavity of the chicken with more herbs, lemon wedges, onion and/or garlic. Slide butter under the skin or inside the cavity.

Zero Waste

Save the chicken carcass to make bone broth.

Ingredients

- 6 cups** Broccoli (chopped)
- 2 cups** Brussels Sprouts (trimmed, halved)
- 8** Garlic (cloves)
- 3 tbsps** Extra Virgin Olive Oil (divided)
- 1 tsp** Sea Salt (divided)
- 4 lbs** Whole Roasting Chicken
- 1 tbsp** Rosemary (chopped)
- 1 tbsp** Thyme (chopped)