



ROAST “UNDER-THE-SKIN” LEMON AND HERB CHICKEN with SPRING VEGETABLES

4 baby chickens or 2 whole chickens

Juice of 2 lemons (about 1/3 cup)

1 tsp minced garlic (optional)

Handful Italian parsley

Handful Thyme

Handful Sage Handful Rosemary

2 tbs Ina Paarman Braai and Grill Seasoning

1 tbs coarse salt

2 tbs olive oil

Freshly Ground Black Pepper

ASSORTED VEGETABLES

Baby corn

Baby mushrooms

Baby carrots

Broccoli

asparagus

Chop all the herbs together and add them to all the other ingredients.

Gently lift the skin off the chicken, making a space between the chicken and the skin and spread the herb paste all over the chicken as well as in the cavity. Spread the remaining paste on the outside of the chicken as well, and season outside of chicken. *

The chicken can be prepared one day ahead like this and then roasted.
Season again on the outside just before placing in the oven.

Preheat oven to 200°C. Place chickens on the bottom rack of the oven and roast breast side down for the first 20 minutes, then turn and continue roasting for another 20 minutes.

Pour a little water in the roasting pan if chickens are getting too dry.

Turn grill on in oven and move chickens 2 racks up in the oven and grill for 15 minutes each side to finish off just before serving.

If only cooking whole chickens, they need to cook for 90 minutes in total.

Add a mixture of spring baby vegetables (except the broccoli and asparagus) to the roasting pan after the first 40 minutes of cooking. The broccoli and asparagus should only be added for the last 10 minutes of cooking.