



The Gathered Green

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ORANGE GLAZED ROAST CHICKEN

This is one of my most favourite chicken recipes. The bonus is, it utilises your beautiful fresh oranges, is gluten free and creates its own amazing sauce! Thank you to yummychunklet.wordpress.com for the picture.

Serves 4

Ingredients

- 2 kilogram whole chicken
- 1 tbsp olive oil
- juice of 4 oranges
- Bunch of fresh rosemary or thyme
- 2 tsp sweet paprika
- half of a lemon
- 2 tbsp rock salt





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Method

Set oven to 180 degrees Celsius

Rinse the chicken and pat dry with a paper towel.

In a roasting pan, stuff the cavity with half a lemon and half of the herbs. Rub the olive oil into the skin with your hands and sprinkle with paprika, salt and remainder of herbs (chopped).

Pour enough orange juice into bottom of pan so approximately 1 cm deep.

Roast chicken for 1.5 hours. After 45 minutes, top up the orange juice in the pan and start basting the chicken.

Continue basting the chicken (2-3 times) during the last half hour of roasting.

Let the chicken rest on a cutting board for 10 minutes before carving.

If the juices left in the pan seem too runny, place the pan on the stovetop and reduce down to the required consistency.

Serve with roast vegetables (eg Maple Roasted Pumpkin and Beetroot) and steamed greens.

Pour the juices over the sliced chicken after serving.

Enjoy!

Jane

