

PREPARATION: 15 MINUTES

ROASTING: 120 MINUTES

10 SERVINGS

# ROAST CHICKEN DELIGHT



## INGREDIENTS

1 whole chicken (about 1.5 Kg)

2 onions, cut into thick rings

3 tablespoons olive oil

1 lemon, halved

1 tablespoon paprika

3 cloves garlic with peel

1 tablespoon ground or whole fennel seeds

Ground black pepper

## PREPARATION

- 1 Place the oven rack in the middle and preheat the oven to 350°F.
- 2 In a small bowl, mix the oil with paprika and fennel seeds.
- 3 Spread onion slices on the bottom of the roasting dish. Pat chicken dry with paper towels and place the chicken on top of the onion with the breast facing up.
- 4 Rub chicken with lemon halves on all sides (take out the lemon seeds, if possible). Fill the cavity with lemon halves and garlic.
- 5 Brush the chicken generously with oil and spice mixture. Season with ground black pepper.
- 6 Roast for about 2 hours, or until a thermometer in the thigh reads 180°F.

### Notes:

*Skim the fat off cooking juices and serve with the chicken.*

*You can make chicken broth with the bones. Add bones to water and boil, then simmer for 1 hour.*

*Use whole fennel seeds and grind some of them to get a mix of ground and whole seeds.*

*For a different taste: replace the spices with curry powder, coriander seed or with Italian seasoning.*

## Nutrient Analysis

Per serving: 1/10 of recipe

<b>Calories</b>	<b>303 Kcal</b>
<b>Protein</b>	<b>38 g</b>
<b>Carbohydrates</b>	<b>3 g</b>
Fibre	1 g
Sugars	1 g
<b>Total Fat</b>	<b>18 g</b>
Saturated Fat	3 g
<b>Cholesterol</b>	<b>141 mg</b>
<b>Sodium</b>	<b>113 mg</b>
<b>Potassium</b>	<b>413 mg</b>
<b>Phosphorus</b>	<b>302 mg</b>