



# Lemon Butter Roasted Chicken

**PREP TIME:** 30 minutes | **COOK TIME:** 1 1/2 hours | **REST TIME:** 20 minutes  
**TOTAL TIME:** 2 hrs. 20 minutes

**Difficulty:** Easy

**Servings:** 6

**BY ERICA GAMBOA**



Beautifully brown and crispy chicken on the outside and juicy, tender and flavorful on the inside. This roasted chicken is stuffed with lemon, garlic and aromatics and covered in a lemon and garlic butter. It is then roasted on a bed of your favorite root vegetables. This dish is comforting and delicious. It's the perfect one pan meal. Whether you're having a casual dinner at home or entertaining, you can't go wrong with this recipe for any occasion.

## Ingredients

- 1 whole chicken, clean, pat dry and remove the giblets and discard.
- 1 stick of unsalted butter, softened at room temperature.
- 2 whole lemons, washed and dried and zested.

- 1 bunch of fresh thyme
- 1 whole garlic
- 2 bay leaves
- 2 sprigs of fresh rosemary
- 2 large white or yellow onions
- 4 large carrots, washed, peeled and cut into large pieces
- 4 red potatoes, washed and cut into quarters
- 4 celery stalks, washed and cut into large pieces
- 8 fresh Brussel sprouts, washed and cut in half
- 2 sweet potatoes, washed, peeled and cut into large pieces.
- Kosher Salt to taste
- Freshly ground pepper to taste
- 1 cup of water

## Directions

- 1 Preheat the oven to 425 degrees
- 2 Chop one onion, all the carrots, potatoes, celery, brussels sprouts, and sweet potatoes into medium to large pieces, trying to keep everything the same size for even cooking.
- 3 Put them into the roasting pan, spread them evenly, creating a nice bed for the chicken to roast on.
- 4 Season the vegetables with salt and pepper to taste and a light drizzle of olive oil is optional.  
\*Remember the butter you will be making to spread on the chicken will have salt added. So start with a little, be mindful that you can always add but not take away.
- 5 Take a few sprigs of thyme and add those to the vegetables along with the bay leaves and set aside while you work on the lemon butter.

## Making the Lemon Butter:

- 1 In a bowl, take the softened butter and give it a good stir to make sure it's soft and spreadable.
- 2 Zest both lemons and add the zest to the butter. Reserve the lemons for later.
- 3 Take a few sprigs of thyme and remove the leaves and give them a rough chop, add them to the butter.
- 4 Do the same with the rosemary, take one sprig, remove the leaves and roughly chop. Add it to the butter.
- 5 Season the butter with 1 1/2 tsp of Kosher salt and 1 tsp of freshly ground pepper.
- 6 Mix until everything is incorporated well and the butter has a smooth and spreadable consistency.
- 7 Take the chicken and make sure it is dried well. You can use a paper towel to pat the chicken dry to make sure the skin is as dry as possible. This will make it easier for the butter to spread evenly onto the chicken and stick to it.
- 8 Take all of the butter and begin to massage the chicken. Get into all the crevices and also underneath the skin. Use all of the butter and cover the chicken as evenly as possible.
- 9 Take two fingers and gently apply pressure between the breast meat and skin, making a way for the butter to get in between the two layers. Be patient and gentle, do not break the skin. The goal is to keep the skin in tact so that it acts as a barrier, keeping all the juices in while it cooks.
- 10 Season the cavity of the chicken generously with salt and pepper, this important. As it cooks, it will release flavor into the meat of the chicken.

## Stuffing the cavity with the aromatics:

- 1 Taking the two lemons you zested earlier, cut them in half and squeeze the juice into the cavity and place both lemons inside.
- 2 Take the remaining onion, cut it in half and place it inside the cavity.
- 3 Take the head of garlic and place it inside the cavity.

- 4 Take the remaining rosemary sprig and place that inside the cavity.
- 5 Now that the chicken is ready to roast, it's time to truss the legs together.

### **Trussing the chicken:**

- 1 Trussing the legs ensures they do not burn in the roasting process, bringing them close toward the body will ensure the chicken cooks evenly as well. This step is very important and not hard. Don't be intimidated, you can do it. Truss is a fancy word for tie. If you can tie your shoes you can truss a chicken.
- 2 Use butcher or kitchen twine to tie the legs together at the drum stick. I highly recommend using a kitchen twine as other strings will not work, or they can burn or tear.
- 3 Last step, take the wings, fold and tuck them underneath the body so that the tips are not exposed and they will not burn.

### **Alternative for twine:**

I also use foil, I make a long and thick ribbon of foil and wrap it around the legs tightly, in a number eight shape, in and out so I really secure them together. It works very well and is an item you probably already have in your kitchen.

### **Roasting the chicken:**

- 1 Take the chicken and nestle it in the pan on top of the vegetables.
- 2 Pour a cup of water around the chicken onto the vegetables. Since the oven is set at a higher temperature this will give the vegetables a little head start in releasing their juices and ensure they do not burn or stick to the bottom.
- 3
- 4 Roast the chicken for 1 1/2 hours uncovered. The way to check if the chicken is done is if you take the leg and cut between the thigh and breast, if the juices run clear the chicken is done.
- 5 You can use a thermometer, the temperature of the chicken at the time you eat it should read a minimum of 165 degrees. This means that if you cook it past 165, you will most likely dry the chicken out. Taking the chicken out just under 165 will ensure you do not over cook it.
- 6 A cardinal rule to cooking any meat is to always let it rest. During the resting time, the temperature will continue to rise. Don't be afraid to pull it out of the oven just under 165 degrees.

### **Resting the chicken:**

- 1 Take the chicken out of the oven once you have checked for doneness and it is cooked through.
- 2 Place the chicken on a carving board and loosely tent the chicken with a piece of aluminum foil and let it rest for at least 20 minutes.
- 3 Carve after resting and serve with the roasted vegetables and accompanied with an additional side if you wish.

### **TIPS and Suggestions**

It is my recommendation to take the chicken out of the refrigerator about 30 minutes before you prepare it so that it has time to acclimate to the rooms temperature.

### **Meal Accompaniment**

I think a fresh green salad would be a great accompaniment for this, for a wholesome and satisfying meal.

### **Vegetables**

While the chicken rests, put the veggies back in the oven, the vegetables get really golden brown and

caramelized and they become even more delicious.

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## Nutrition Information

**Calories per serving:** 1048

**Servings:** 6

<b>Nutrition Facts</b>	
Servings: 6	
Amount per serving	
<b>Calories</b>	<b>1048</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 61.6g	<b>79%</b>
Saturated Fat 9.8g	<b>49%</b>
<b>Cholesterol</b> 310mg	<b>103%</b>
<b>Sodium</b> 483mg	<b>21%</b>
<b>Total Carbohydrate</b> 61g	<b>22%</b>
Dietary Fiber 10.5g	<b>38%</b>
Total Sugars 14.1g	
<b>Protein</b> 63.9g	
Vitamin D 11mcg	53%
Calcium 95mg	7%
Iron 7mg	36%
Potassium 1054mg	22%

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*