HEARTY & GROUNDING

Sunday Roast Chicken with Root Vegetables and Gravy

PREP	COOK	SERVES
25 min	1 h 45 min	4 to 5

A golden roast chicken on a bed of carrots, parsnips and potatoes, with proper pan gravy.

Ingredients

For the chicken

- 1 whole chicken (about 1.8 kg)
- 50 g soft butter
- 1 lemon, halved
- 1 head garlic, halved crosswise
- A few sprigs thyme
- Salt and black pepper

For the vegetables

- 800 g potatoes, in large chunks
- 4 carrots, in thick batons
- 3 parsnips, in thick batons
- 2 red onions, in wedges
- 3 tbsp olive oil

For the gravy

- 1 tbsp plain flour
- 400 ml chicken stock
- 1 tsp soy sauce or Worcestershire sauce

Method

1. Take the chicken out of the fridge 30 minutes before cooking. Heat the oven to 200°C.
2. Pat the chicken very dry. Rub the butter all over, season generously inside and out, and put

the lemon, garlic and thyme in the cavity.

3. Toss the vegetables with the oil and a good pinch of salt in a large roasting tin. Set the chicken on top, breast side up.
4. Roast for 1 hour 30 minutes to 1 hour 45 minutes, stirring the vegetables once, until the skin is deep golden and the juices run clear when you pierce the thickest part of the thigh (75°C).
5. Lift the chicken onto a board and cover loosely with foil. Rest for 20 minutes. Keep the vegetables warm in the oven.
6. For the gravy, pour most of the fat out of the tin, leaving about 1 tablespoon and all the sticky bits. Stir in the flour over medium heat for 1 minute, then whisk in the stock and soy sauce. Simmer for 5 minutes and strain.
7. Carve the chicken and serve with the vegetables and hot gravy.

Cook's tip

Resting is not optional. Twenty minutes under foil keeps the meat juicy and gives you time to make the gravy.