

# ORANGE & BASIL ROAST CHICKEN



## QUICK

 10 mins prep  
90 mins cooking

## HEALTHY

Protein is needed for a healthy immune system as well as muscle growth and repair. Chicken is a good source of lean protein

## FAMILY



## MEALS

 Serve with brown rice to soak up the orangey sauce

## INGREDIENTS

- 1 whole chicken
- 6 garlic cloves
- 30g basil
- 3 oranges
- 400 ml chicken stock
- Drizzle of oil
- S&P

## METHOD

- 1) Put the oven onto 180°C
- 2) Cut the oranges into quarters or 6 slices
- 3) Roughly chop the basil
- 4) Peel the garlic
- 5) Put your chicken into an oven tray
- 6) Use your fingers to break the membrane under the skin
- 7) Insert the garlic under the skin – spread evenly
- 8) Insert the basil too – spread evenly
- 9) Cut a slit into the skin between the legs and the body of the chicken and insert some garlic and basil
- 10) Place orange into the carcass and around the oven tray
- 11) Drizzle some oil onto the bird and rub it in
- 12) Season the bird with S&P
- 13) Make up the stock and pour it into the oven tray
- 14) Cover with foil and cook for 30 mins, then remove the foil and cook for 60 mins or until juice runs clear, basting every 30 mins (You may need to add more water)
- 15) Serve and enjoy



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)