



Aromatic roast chicken

30'
Hands on

90'
Cook Time

8-10
Portion(s)

1
Difficulty



Ingredients

- 2 potatoes
- 2 sweet potatoes
- 2 carrots
- 1 onion
- 1 level tablespoon(s) vegetable bouillon powder
- 2 tablespoon(s) olive oil
- 1 1/2 kilo chicken
- lime juice, of 1 lime
- 1 sprig(s) rosemary

For the aromatic butter

- 100 g butter, at room temperature
- 1/2 teaspoon(s) ginger, ground
- 1 teaspoon(s) garlic, ground
- 1 tablespoon(s) turmeric
- 1 level tablespoon(s) vegetable bouillon powder

To serve

- oregano, fresh

Method

- Preheat the oven to 180° C (350° F) set to fan.
- Place a [frying pan](#) over high heat.
- Peel the potatoes and cut them into cubes.
- [Cut](#) the edges of the sweet potatoes, peel them, and cut them into cubes.
- Cut the onion into quarters and separate the layers.
- Add all of the vegetables into the frying pan, add the olive oil, the vegetable bouillon powder, and sauté until golden.
- As soon as the vegetables turn golden, add them into a [round Bundt pan](#) and cover the hole with aluminum foil.

For the aromatic butter

- In a bowl add the butter, ginger, garlic, turmeric, vegetable bouillon powder, and mix with a spoon.

To assemble

- Put your hands under the skin of the chicken and separate it from the flesh.
- Rub the aromatic butter over the whole surface of the chicken and put it into the Bundt's pan hole.
- Add the lime juice to the chicken, the rosemary, and roast for 1 ½ hours.
- Cut the chicken into portions, and serve with the vegetables and fresh oregano.

Διατροφικός πίνακας

Nutrition information per portion

294 Calories (kcal)	13.0 Total Fat (g)	6.1 Saturated Fat (g)	21.0 Total Carbs (g)
15%	19%	31%	8%
5.3 Sugars (g)	22.0 Protein (g)	3.1 Fibre (g)	1.4 Sodium (g)
6%	44%	12%	23%