

Mediterranean Roast Chicken



Discover the savory goodness of our Mediterranean-style Roasted Whole Chicken recipe. A mouthwatering blend of Mediterranean flavors that will elevate your culinary experience. Delight in this wholesome and flavorful dish.

Preparation 5 min

Cooking 75 min

Servings 6

Nutrition Facts (per serving)

Calories 440

Fat 31

Carbohydrates 0

Fibre 0

Protein 42

Sodium 20

Ingredients

- 30 ml (2 tbsp) olive oil, divided
- 1 sprig fresh sage
- 1 sprig fresh rosemary
- 7.5 ml (1½ tsp) [Mediterranean spices](#)
- Pepper and salt, to taste

Preparation

1. Preheat the oven to 425°F (220°C). Place the rack in the middle of the oven.
2. In a roasting pan, pour 125 ml (½ cup) of water and 15 ml (1 tbsp) of olive oil. Place the sage and rosemary stems in the center of the roasting pan.
3. Combine the remaining olive oil with the spices, salt and pepper and brush the whole chicken with the mixture.
4. Place chicken on its back in a roasting pan on top of herbs, cover and place in the oven. After 30 and 45 minutes of cooking, pour the cooking juice on the chicken. After 1 hour, remove the cover and continue cooking for 15 minutes.
5. Remove from the oven, let cool and serve with rice or potatoes and your vegetable of choice.

Notes

Can be stored for 4 days in the refrigerator and up to 3 months in the freezer.



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