



WHOLE LEMON CHICKEN

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins + marinade time 3-24 hrs.

Cook time: 60-75 mins

Serves: 4-6



INGREDIENTS

- 1 large fresh chicken
- 1 lemon
- 2 cloves garlic
- 2 kaffir lime leaves
- 1 tbsp grated ginger
- 1/4 cup honey
- 1/4 cup olive oil
- salt and pepper to taste
- 1 medium zucchini, cut into 2cm pieces
- 1 red capsicum, cut into 1cm strips OR 1 sweet and 1 white potato quartered.(see note)

METHOD

- In blender, combine lemon (whole), garlic, kaffir lime leaves, ginger, oil, honey, salt and pepper.
- Blend until reasonably smooth.
- Place chicken in plastic bag or large bowl, and cover with the marinade mix.
- Leave overnight, or for a minimum of 3 hours covered and refrigerated.
- Preheat oven to 200°C (400°F).
- Place chopped zucchini and capsicum into the cavity of the chicken
- (If not low disaccharide diet, sweet and white potato are good instead)
- Place chicken into baking dish, pour all marinade over, and cook for 20 minutes.
- Reduce oven temperature to 180°C (350°F)
- Cook a further 40-65 minutes, depending on the size of the chicken until cooked.
- Serve with wilted spinach and cavity vegetables.