Roast Chicken w Rosemary and Lemon

NIBBLEDISH CONTRIBUTOR

Ingredients

Serves 2

1 Clean, Organic Chicken
2 Large Onions
4 Parsnips
5 tbsp Honey
6 Garlic Cloves (unpeeled)
2 Stokes Rosemary
Olive Oil
Salt & Pepper

Instructions

First, chop the onions and parsnips into 6-8 pieces each.
In a large pan (that can go into the oven), put olive oil and pour them in.
Let them get coated with oil, but we do not want to caramelise them yet. Add garlic and honey at the end, and set it aside.

Clean the chicken, and put the garlic and rosemary in between the meat and skin. Salt and pepper it. Place the chicken in the middle of the pan. Scatter around the parsnips and onions around and grill the chicken in the oven for 50 minutes to 1 hour. Bask the chicken a few times if you like crispy skin.

Enjoy the wonderful aroma!