

Roast garlic & lemon chicken



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Preparation: about 20 minutes
Cooking: about 45 minutes
Serves: 4

1 x 1.5kg chicken, trimmed of excess fat and cut into 6 pieces
2 heads garlic, halved crossways
8 sprigs thyme + extra to serve
¼ cup olive oil

2 lemons

Salt and ground black pepper

100g marinated feta cheese, drained and roughly crumbled

Mashed potatoes, to serve

1. Preheat oven to 200°C. Place chicken, garlic and thyme sprigs into a large non-stick roasting pan. Drizzle with oil. Juice one lemon and drizzle over chicken. Season with salt and pepper. Toss to coat chicken. Cut remaining lemon into lemon wedges and add to pan. Roast, turning once, for 40–45 minutes, or until chicken is golden and just cooked through. Remove from oven.
2. Squeeze garlic over chicken to remove cooked cloves. Sprinkle with extra thyme sprigs and feta. Serve with mashed potatoes.



Garlic

- Although not normally consumed in sufficient quantities to supply substantial quantities of nutrients, garlic will provide small quantities of dietary fibre, minerals and vitamins.
- Sulphur compounds in garlic have the potential to relax blood vessels. The jury is out on whether the quantities are sufficient to have an impact on heart disease risk factors.