

Lemon Thyme and Garlic Roast Chicken

Ingredients

Marinate

1 large free range chicken
1/3 of a cup of olive oil
1/3 of a cup of lemon juice
4 cloves of garlic chopped
4-5 stems of thyme
A good pinch of salt

Stuffing

1/2 a cup of coconut flour
2 cloves of garlic
1 small diced onion
2-3 stems of thyme
2 Tblspns of lemon zest
1/3 of a cup of oil , coconut or olive
2 eggs
Juice of half a lemon

Method

To marinate the chicken , place all the ingredients together and rub over chicken .

If possible do this the day before or at least let sit for a few hours .

The stuffing can be done just before cooking .

To the coconut flour add the chopped onion, thyme, lemon zest ,juice ,oil eggs and chopped garlic .

Once mixed ,stuff the chicken until the cavity is full , then place in baking dish and tip the remaining marinade over chicken.

Roast in moderate oven at 180°C , for 1 1/2 hours depending on size .

At half way through cooking spoon the juices over chicken . You can also add some chicken stock to the marinade if it looks like it's going to burn .

Once cooked , let rest on a plate and then serve.

Dinner for all the family

