

## Lemon and Mint Roasted Chicken

- by Healing Family Eats

*This recipe works well no matter the herbs. If you don't have any mint to hand, use whatever you do have, it'll still be amazing!*

(serves 6)

1/4 cup packed mint leaves, finely chopped

1/3 cup [coconut oil](#)

generous pinch [sea salt](#)

1 unwaxed lemon, zest removed

1 x 4lb pastured chicken

Preheat oven 400F

Put the first three ingredients into a medium bowl, together with the lemon zest. Using a fork, mix everything together, pushing down and stirring around until everything is incorporated into a loose paste. Set aside.

Next, put your chicken into a roasting pan that it fits reasonably snugly into and push your forefinger between the skin and flesh at the bottom end of the chicken to separate the membrane from the flesh. Move your finger from side to side as you push up towards the neck area, creating a pocket, then move your finger into the legs to open up a gap there too. Take care not to break the skin or the herby juices will run straight out during cooking. Leave roughly a tablespoon worth of the paste and rub this onto the outside of the chicken breasts and legs. Halve the lemon and put both pieces inside the cavity of the bird. This creates steam inside, which keeps the flesh nice and moist. If you are going to truss your chicken do it now, then sprinkle some more salt over the top of the bird and put it into the oven, legs facing to the back of the oven. After 20 minutes turn the oven temperature down to 350F and continue cooking a further 45 minutes, or until juices run clear when pierced with a skewer in the thickest part of the chicken, between the breast and the thigh.

Hold the chicken up over the roasting pan to allow the juices and one of the lemon halves to run out from the inside back into the pan then transfer it to a serving platter. Let it rest for 15 minutes before carving. Meanwhile, scrape the tasty scraps from the bottom of the pan and reheat the juices, pressing down the lemon to extract the roasted juice. Add some chicken broth if necessary. Allow it to bubble until thickened slightly, taste for seasoning, adding a little more salt or lemon juice as needed.

Serve with a green salad.

