

# Lemon-Herb Roasted Chicken with Root Vegetables

By Dustin Arnold

A whole roast chicken on a bed of carrots, parsnips, and potatoes. The vegetables soak up the pan drippings — a complete meal in one pan.

dinner

chicken

sunday supper

one pan

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PREP	COOK	TOTAL	SERVINGS
<b>20 min</b>	<b>75 min</b>	<b>95 min</b>	<b>6</b>

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## Ingredients

- 1 whole organic chicken (about 4–5 lb, patted dry)
- 1 lemon (halved)
- 1 **head** garlic (halved crosswise)
- 1 **small bunch** fresh thyme
- 1 **small bunch** fresh rosemary
- 3 **tbsp** softened butter or olive oil
- sea salt and black pepper
- 1.5 **lb** Yukon gold potatoes (halved)
- 4 carrots (peeled, cut in 2-inch pieces)
- 3 parsnips (peeled, cut in 2-inch pieces)
- 1 yellow onion (cut in wedges)
- 2 **tbsp** extra virgin olive oil

## Instructions

1. Preheat the oven to 425°F (220°C).
2. **\*\*Prep the chicken:\*\*** Pat very dry. Season the cavity generously with salt, then stuff with the lemon halves, garlic head, and a few sprigs of thyme and rosemary.
3. Rub the outside of the chicken all over with the softened butter and season generously with salt and pepper. If time allows, let it sit at room temperature for 20 minutes — it browns better.
4. **\*\*Prep the vegetables:\*\*** In a large roasting pan, toss potatoes, carrots, parsnips, and onion with olive oil, salt, pepper, and the remaining herbs.
5. Place the chicken breast-side up on top of the vegetables, tying the legs together with kitchen twine if you have it.

6. Roast 60–75 minutes, until a thermometer in the thickest part of the thigh reads 165°F (74°C) and the juices run clear. Vegetables should be tender and golden.
7. **Rest:** Transfer the chicken to a cutting board and let rest 10 minutes before carving. Spoon the pan juices over everything when serving.