



Kickin' Roasted Chicken & Vegetables Recipe



About This Recipe

Serves: 8

Mess Rating: 3 (out of 5)

Prep Time: 30 minutes

Cook Time: 90 minutes

Total Time: 120 minutes

Equipment

1 Vegetable Peeler

1 Cutting board

1 Knife*

1 small bowl

1 Large bowl

2 Deep Roasting Pans

Ingredients

3 Yukon Gold potatoes, medium 2 teaspoons olive oil

3 Golden beets 2 teaspoons salt

2 Whole onions, medium Pinch of ground black pepper

3 Carrots, medium 2 teaspoons fresh herbs

3 Celery stalks (thyme, sage, rosemary)

2 bulbs Fennel 6 tablespoons unsalted butter

2-4lb Whole raw chickens

Setting Up:

Step 1: Set Up

Have an adult preheat the oven to 450F. Wash your hands with soap and dry.

Step 2: Prepare the Vegetables

Wash and Dry all the vegetables.

Step 3: Cut Vegetables

With adult assistance, peel and quarter the potatoes, sweet potatoes, beets, and onions. Peel the carrots, then chop the carrots, celery and fennel in large pieces.

Step 4: Season the Vegetables

In a large bowl, toss all the vegetables with 2 tsp olive oil and season with salt and pepper to taste.

Step 5: Prepare the Herbs

With adult assistance, use small knife to mince (finely chop) herbs. Remove the leaves from their stalk prior to mincing.

Step 6: Prepare the Chicken

Unwrap the raw chicken, if wrapped. Remove the giblets from the cavity of the chicken. Pat the chicken dry with paper towels. Season each chicken with about 1tsp of salt and pepper.

Step 7: Season the Chicken with Herbs & Butter

Carefully take a small knife and separate the skin from the breast of the chicken. Using your hands, gently spread the butter and herb mixture under the skin, ensuring that the butter is evenly distributed.

Step 8: Trussing the Chickens

Using 6 to 8 inches of kitchen twine, tie the ends of the drumsticks together so the chicken cooks evenly. Repeat for second chicken.

Step 9: Transfer Veggies to Roasting Pans

Scatter the seasoned vegetables in the two roasting pans and place the trussed chicken on top, with legs and breast facing up.

Cooking:

Step 10: Cook the Chickens

Have an adult put the pans in the pre-heated oven and bake for 25 minutes, or until breast have browned. Turn the temperature down to 350F and bake an additional hour. Use a meat thermometer to check the chicken. A reading of 165F from the chickens leg, indicates its finished. Have an adult remove the chicken from the oven and let rest for 15 minutes.

Step 11: Carve, Plate and Serve the Chicken

Have an adult transfer the chickens from the pan to a clean cutting board. To carve the chicken use a sharp knife. First, cut the breastes, following the contour of the ribcage, then cut straight down until you hit the wishbone. Cut along the side of wishbone and then sever the joint where it meets the breastbone. At this point, you can separate the breast. Remove the wing if desired. Slice breast horizontally against the grain of the meat for long, thin slices. To remove the thighs, pull the leg quarter out from the body and find the thigh joint - use a sharp knife to sever the joint. To serve, plate the chicken and surround with 3/4 cup of the roasted vegetables.

Step 12: Enjoy!

Enjoy the power of cooking and a delicious meal with your family and friends.

Nutrition Information:

Calories: 254 kCal

Saturated Fat: 9 grams

Protein: 49 grams

Sodium: 458 mg

Fat: 22 grams