

Herby Lemon Roast Chicken & Lentil Salad

Enjoy the home comforts of roast chicken with this healthy salad. Perfect for lunch or dinner.

Prep time: 10-20 mins

Cook time: 90 mins

Serves: 4

Ingredients

For the Roast Chicken:

- 1 [Waitoa](#) Whole Chicken
- Handful [Superb Herb](#) Rosemary, sprigs & 1 tbsp chopped
- Handful [Superb Herb](#) Thyme, sprigs & 1 tbsp chopped
- 1 lemon, cut into quarters
- 1 tbsp [Olivado](#) Avocado Oil & Garlic

For the Salad:

- 1 bag of [The Fresh Grower](#) Sweet Stem Broccoli, lightly steamed
- 200g green beans, topped & tailed, lightly steamed
- 1 can [Chantal Organics](#) Lentils, rinsed and drained
- 1 block [Mainland](#) Creamy Feta, cubed
- ½ cup pitted kalamata olives
- A handful of [Superb Herb](#) Italian Parsley

For the Dressing:

- ½ cup [Olivado](#) Avocado Oil infused with Garlic
- 1 garlic clove, crushed
- ½ lemon, juice only
- ½ tsp [Chantal Organics](#) Sea Salt
- 1 tsp [Airborne](#) Thyme Honey

Equipment:

We used a [Le Creuset](#) roasting tray to roast the chicken.

Method:

1. Preheat the oven to 180C.
2. *For the Roast Chicken:* Place chicken on a lined roasting tray and stuff with the quartered lemons and a few sprigs of rosemary and thyme. Tie legs together with string. Drizzle with oil and sprinkle with chopped rosemary and thyme, then season with salt.
3. Roast in the oven for 90 minutes, basting every 30 minutes until the juices run clear. Remove from the oven, let cool, discarding the lemon quarters, and removing the bones (you can save these to make stock). Reserve roasting juices for dressing. Carve the roast chicken like you normally would, leaving that beautiful crispy skin on.
4. *For the Dressing:* Mix oil, garlic, lemon juice, honey and salt in a jar. Shake well. Add the chicken juices to the dressing and give it another shake just before serving.

5. *To Serve:* In a large serving bowl arrange the sweet stem broccoli, lentils, green beans, feta and olives. Top with chicken and parsley. Pour the dressing over and devour.