

## **CARBCONTROL RECIPES**

### **MAINS**

#### **Roast Chicken with Lemon – serves 4**

1 chicken (ca 1.5 kg)

1 tsp salt

¼ tsp black pepper

2 tsp chopped fresh herbs (eg thyme, parsley, sage, etc), or 1 tsp dried mixed herb

1 lemon, cut into round slices

1 tsp butter (optional)

¾ cup reduced chicken broth

Heat oven to 180 C. Season chicken with salt, pepper and herbs, inside and out. Loosen skin from breast and stuff with 2 slices of lemon and 1 tblsp butter on either side of the breast. Place remaining lemon in the cavity. Roast chicken for approx. 1 hour, basting occasionally. Transfer chicken to cutting board and wait 10 minutes before cutting. For the sauce, pour off fat from pan, place on stove, add chicken broth and bring to a boil. Reduce and pour over carved chicken.