

# Chicken, Roast Potatoes & Vegetables

**Per Portion**  
736 Calories  
42.25g Protein  
48.25g Carbs  
48.1g Fat



## Ingredients

- 1 chicken
- 1 onion, quartered
- 1 lemon (reserve zest)
  - 4 tbsp butter
- 2 cloves garlic, minced
  - 2 tsp rosemary
  - 2 tsp thyme
  - 2 tsp salt
- 1 tsp pepper

### For the roasted vegetables:

- 500g potatoes
  - 4 carrots
  - ½ swede
  - 2 parsnips
  - 2 tbsp oil
- Salt and pepper

## Method

1. Preheat your air fryer to 200°C.
2. Zest the lemon and set the zest aside.
3. Quarter the lemon and place half of it inside the chicken cavity.
4. Add the onion to the chicken cavity.
5. In a small bowl, mix together the butter, minced garlic, rosemary, thyme, and lemon zest. Season the mixture with salt and pepper.
6. Use your hands to coat the entire chicken with the butter mixture, ensuring it is evenly distributed.
7. Season the chicken with additional salt and pepper.
8. Carefully place the chicken upside down in the air fryer.
9. Sprinkle the reserved lemon zest over the chicken skin.
10. Cook the chicken in the air fryer for 30 minutes at 200°C.
11. Flip the chicken and continue cooking for another 20 minutes. Check the chicken to ensure it is cooked through, and then remove it from the air fryer.
12. Wrap the chicken in foil and let it rest for 15 minutes.
13. Save 400g of the cooked chicken to use in chicken fried rice and quesadilla cones later in the week.

### Let's make the roasted vegetables:

1. Preheat your air fryer to 200°C.
2. Cut the potatoes, carrots, swede, and parsnips into evenly sized chunks.
3. In a bowl, season the oil with salt and pepper.
4. Add the prepared vegetables to the bowl and mix well, ensuring they are thoroughly coated with the seasoned oil.
5. Place the vegetables into the air fryer basket.
6. Cook for 20 minutes at 200°C, shaking the basket halfway through to ensure even cooking.
7. Increase the temperature to 240°C and cook for an additional 8 minutes until the vegetables are nicely roasted and golden.