

# Butterflied Rosemary Roasted Chicken Recipe

Prep time	Cook time	Total time
20 minutes	1 hour	1 hour 20 minutes

**Why we love this recipe.** We make roasted chicken almost every week. It's easy for us to do and we can enjoy it as roasted chicken or turn it into chicken salad, chicken soup or whatever else we dream up. One twist we've added is to roast two lemons at the same time as the chicken. This way, they become slightly sweeter and are perfect for making a simple sauce to drizzle over the cooked chicken.



**What you need to know.** By butterflying the chicken, it will cook slightly faster, but more importantly, it will cook more evenly than if we were to roast it normally. Also, we love that all the skin browns nicely since it's all facing up. If you would prefer, skip butterflying the chicken and roast normally -- it will just take a little longer.

**Equipment you'll need.** You will need a large rimmed baking sheet, poultry or sharp kitchen scissors, a chef's knife, measuring spoons, tongs, a small bowl and a whisk or fork.

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Yield: 4

## Ingredients

### Roasted Chicken

- 1 whole [chicken](#) rinsed and pat dry (3 to 4 pounds)
- 2 tablespoons vegetable or canola oil
- 1 tablespoon finely chopped fresh rosemary (or 1 teaspoon dried)
- 1/2 teaspoon kosher salt
- Freshly ground black pepper

### Roasted Vegetables

- 2 small onions, peeled and quartered
- 3 to 4 carrots, peeled and cut into 1-inch chunks
- 2 medium potatoes, cut into 1-inch chunks
- 1 tablespoon vegetable or canola oil
- 2 teaspoons finely chopped fresh rosemary (or 1/2 teaspoon dried)
- 1/4 teaspoon kosher salt
- Freshly ground black pepper

### Roasted Lemon Vinaigrette

- 2 lemons, halved
- 1 teaspoon Dijon mustard
- Olive oil
- Kosher salt and freshly ground black pepper

## Method

### Heat Oven

Heat oven to 400 degrees F (205 degrees C). Line a large rimmed baking sheet with aluminum foil.

### Prepare Chicken

Position the chicken so that the back is facing up and the drumsticks are pointing towards you. Using poultry or sharp kitchen scissors cut down one side of the backbone. Then, cut down the other side of the backbone, removing it completely. (You can reserve the backbone for stock later).



Now flip the chicken and press it down towards the work surface so it flattens slightly.

If wet, pat chicken dry with paper towel then rub both sides of the chicken with the oil, rosemary, salt and freshly ground black pepper. Place chicken breast-side up on baking sheet. Then, tuck the wings under the chicken.



### **Prepare Vegetables**

Toss vegetables with 1 tablespoon of oil, rosemary, salt and black pepper. Arrange vegetables around chicken on baking sheet.

### **Roast Chicken and Vegetables**

Place halved lemons, cut side up, around vegetables and chicken then roast until an instant-read thermometer inserted into the thickest part of the thigh registers 165 degrees F (74 degrees C), about 1 hour.

After 30 minutes of roasting, rotate the baking sheet so the chicken cooks evenly.

Once roasted, transfer chicken to a cutting board, cover loosely with aluminum foil then let rest about 10 minutes.

### **Make Roasted Lemon Vinaigrette**

Use tongs to squeeze juice from roasted lemons into a small bowl. Then, pour any juices left on the baking sheet into the bowl. Add mustard then whisk. Taste then add oil, salt and pepper as needed. (We added about 2 tablespoons of olive oil to tone down the tart lemon).



Slice chicken or cut into quarters. Then serve alongside roasted vegetables and roasted lemon vinaigrette.

Recipe by Inspired Taste - Easy Recipes for Home Cooks at <http://www.inspiredtaste.net/21410/butterflied-rosemary-roasted-chicken-recipe/>