

## ***Roasted Chicken Marinated with Lemon, Mint, and Parsley***

*This is a flavorful and super easy meal to prepare.*

**Serves:** Four

**Prep Time:** 15 minutes

**Marinating Time:** 1-2 hours

**Baking time:** 1 hour 10 minutes

### **Ingredients:**

Small hen, whole chicken, about 3.5 pounds (organic-fed, cage-free)  
2 medium lemons, juiced, seeds discarded  
¼ cup fresh mint, finely chopped  
¼ cup fresh parsley, finely chopped  
2 tablespoons extra-virgin olive oil  
½ teaspoon sea salt  
½ teaspoon ground black pepper

### **Directions:**

In a large dish, marinate whole chicken with lemon juice, mint, and parsley for 1-2 hours, occasionally turning the chicken and spooning liquid and herbs over the bird and into the cavity.

Preheat oven to 395° (F). Transfer chicken to a roasting pan.

Pour the lemon juice, mint, and parsley through a sieve and discard lemon juice.

Massage olive oil, mint, parsley, salt, and black pepper on the chicken.

Bake for about 70-75 minutes, until deep thigh temperature reaches at least 165° F with a meat thermometer.

Transfer whole chicken to a cutting board and let rest for 10 minutes before carving.

Enjoy,

Steven Masley, MD