

# Heavenly Roasted Chicken

*Unit: 4 Qt. Roaster*

## Chicken Ingredients

|                            |                        |
|----------------------------|------------------------|
| <b>1 - Whole chicken</b>   | <b>1/2 - Lemon</b>     |
| <b>6 - Sprigs of Thyme</b> | <b>Salt and pepper</b> |
| <b>1 - tsp. of Salt</b>    |                        |

## Vinaigrette Ingredients

|   |                                  |
|---|----------------------------------|
| <b>2 - Tbsp Dijon mustard</b>           | <b>3 - Tbsp Red wine vinegar</b> |
| <b>Juice of one lemon</b>               | <b>2 - Tbsp Olive oil</b>        |
| <b>1/4 - Cup juice of baked chicken</b> | <b>Red chile flakes</b>          |
| <b>1/8 - Cup of warm water</b>          |                                  |

Season all areas of the chicken with salt and pepper. Place all of the chicken ingredients inside the chicken and place it breast side down in the cold 4 qt. Seal the lid on the unit and rotate the valve below the knob to the open position.

Turn the unit on medium heat until the valve whistles. Reduce to medium-low heat and cook for 1 hour or until done. If the valve continues to whistle on medium-low heat, reduce it a bit lower.

When the chicken is done, combine the mustard, vinegar and lemon juice in a bowl and whisk it together. Slowly add the oil while whisking to emulsify and then add the remaining vinaigrette ingredients while whisking. Salt and pepper to taste.

Remove chicken pieces from the 4 Qt. and serve with the vinaigrette on the side.



**HEALTH QUEST**