



Lemon & Herb Stuffed Boneless Chicken

SERVINGS: 4

TOTAL TIME: 1.5 HOURS

INGREDIENTS

- Whole chicken, deboned (go to the Food: Guides, Tips & Tricks page to see how)
- 4 tbsp sunflower oil
- 5 onions, finely chopped
- 300g white bread, in chunks
- 25g pack curly parsley
- 15g pack sage, leaves only
- Zest of 3 lemons, juice of 1

DIRECTIONS

1. Preheat the oven to 190C.
2. To make the stuffing, heat the oil in a large frying pan and soften the onions for 10 minutes with the pan covered. Put the bread and herbs into a food processor and pulse until you have herby breadcrumbs. Stir into the onion pan along with the lemon zest and juice and plenty of seasoning.
3. Once cool, weigh out 300g of the stuffing and shape into a sausage. You can cook the remaining stuffing as a side dish. Place into the centre of the boneless chicken between the breast meat. Wrap the legs and wing around the stuffing and turn over. Tie strings around the body to hold into place.
4. Weigh the stuffed chicken, brush with oil and season with salt and pepper. Cook for 20 minutes per 450g plus an extra 20 minutes. Baste at least twice.