

HOW TO USE · FRENCH HERB SEASONING

FRENCH HERB ROAST CHICKEN WITH VEGETABLES

Fragrant, herby and classic. Calm Sunday roast energy, with very little effort.

SERVES	PREP	COOK
4–5	15 min	1 hr 10 min – 1 hr 20 min

INGREDIENTS

- 1 whole chicken, about 1.8 kg
- 2 tbsp French Herb Seasoning
- 3 tbsp olive oil
- 1 lemon, halved
- 600 g baby potatoes, halved
- 4 carrots, cut into chunks, and 1 red onion, cut into wedges
- Salt, to taste



METHOD (oven)

1. Heat the oven to 200°C fan-forced. Pat the chicken dry.
2. Rub the chicken all over with 1 tbsp oil, 1½ tbsp French Herb Seasoning and a pinch of salt. Put half the lemon inside.
3. Toss the vegetables with the remaining oil, ½ tbsp French Herb Seasoning and a pinch of salt in a large roasting tray.
4. Sit the chicken on top of the vegetables and squeeze over the other lemon half.
5. Roast 1 hr 10 min – 1 hr 20 min, until the juices run clear and the thickest part of the thigh reaches 75°C.
6. Rest the chicken 10 minutes, covered loosely. Serve with the roast vegetables and pan juices.

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AIR FRYER METHOD

190°C · 22–25 min

Chicken thighs and vegetables

1. Heat the air fryer to 190°C.
2. Toss 800 g bone-in chicken thighs with oil, French Herb Seasoning and salt. Cook 22–25 minutes, turning once, until 75°C.
3. Cook the seasoned halved potatoes and carrot chunks 18–20 minutes, shaking halfway. Rest the chicken 5 minutes.

BBQ / GRILL OPTION

180–200°C · 60–75 min

Spatchcock chicken, indirect heat

1. Cut along both sides of the backbone to spatchcock the chicken, then flatten it. Rub with oil, seasoning and salt.
2. Heat a hooded BBQ to 180–200°C with one side on and one side off. Oil the grill.
3. Cook skin-side up over the off side, lid down, 60–75 minutes, until 75°C in the thickest part of the thigh.
4. Rest 10 minutes before carving.

SMOKER OPTION

150–160°C · 2–2½ hr

Whole chicken, gentle smoke

1. Set the smoker to 150–160°C with a mild wood such as apple or cherry.
2. Rub the chicken with oil, French Herb Seasoning and salt. Smoke 2–2½ hours.
3. Check the thickest part of the thigh reaches 75°C. Rest 10 minutes.

OTHER WAYS TO USE IT

→ Rub on fish fillets before pan-frying or baking.

→ Toss through roast potatoes, mushrooms or zucchini.

→ Stir into softened butter or olive oil for a herby spread.

SALT-FREE BLEND season your food with salt separately to taste.