

Tarragon Roast Chicken



Ingredients

1 whole chicken
½ cup olive oil
½ cup chopped fresh tarragon
1 tablespoon lemon juice
zest of one lemon
sea salt to taste

Method

Preheat the oven to 450 degrees F.

Coarsely chop the tarragon. Use a Micro plane grater to zest the lemon before juicing it.

Combine the olive oil, lemon juice, lemon zest and salt in a small mixing bowl.

Pat the chicken dry and place it on a sheet pan. Cut out the backbone using a pair of kitchen shears. Flip the chicken over so it's breast-side up and press down on the breastbone to flatten it out.

Place the chicken in a zip top bag and pour in the marinade. Squish it all around in the bag to make sure it's evenly coated. Marinate at room temperature no longer than 30 minutes.

Place chicken in a cast iron skillet and pour remaining marinade over the top. Roast for 40-60 minutes, depending on the size of the chicken, until a meat thermometer inserted into the breast reaches 162 F. Remove from the oven and allow it to rest for about 10 minutes, then serve.