

Roast Chicken with Lemon and Rosemary couscous stuffing

Servings: 4-6

Prep Time: 20min

Cook Time: 60-90min



Ingredients

- chicken spice
 - 45 ml olive oil for rubbing
 - 1 x whole chicken approximately 1.7 kg
 - 3 ml ground turmeric powder
 - 15 ml freshly chopped rosemary
 - 5 ml crushed garlic
 - Juice from one lemon
 - 250 ml prepared couscous
 - 1 oven roasting bag
- FOR THE STUFFING**
- 10 ml olive oil
 - 1 onion, finely chopped
 - 1 bunch spring onions finely cut
 - 150g button mushrooms

Directions

1. Preheat the oven to 190 C .
2. Rub olive oil and spice all over the chicken even under the skin if possible.
3. Set chicken aside.
4. In a saucepan, heat the olive oil and fry onion until translucent. Add the spring onions, mushrooms, turmeric, rosemary and garlic and sauté for another few minutes. Drizzle with lemon juice and add the cooked couscous. Mix through and set aside to cool.
5. Stuff the cavity of the chicken with stuffing. Tie the drumsticks together, and place in a SPAR oven roasting bag and roast for 1 – 1, 5 hours or until cooked through.
6. Serve with grilled vegetables and salad.

