

More than 1 hour

Serves 4

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Ingredients:

- ½ block (250g) butter, softened
- ¼ cup (60ml) chopped fresh parsley (no stems)
- 3 Tbsp (45ml) chopped fresh mint leaves
- 3 red chillies, deseeded and chopped
- 2 cloves garlic, chopped
- Salt and milled pepper
- 1 (about 1.3kg) whole chicken, giblets removed
- Wilted greens and lime wedges, for serving

COOK'S NOTE

Freeze herb butter in logs for future use. Works a treat on steaks or in mushroom sauce.

Method:

1. Preheat oven to 200°C.
2. Combine butter, parsley, mint, chillies and garlic well and divide into 4 portions.
3. Season chicken and, using your fingers, loosen the skin slightly from the flesh, but keep the skin intact.
4. Rub 1 portion of herb butter under the skin, evenly coating the chicken.
5. Rub another portion of herb butter over the skin to cover the entire chicken.
6. Place in a lined deep baking dish and roast for 40-50 minutes, or until cooked all the way through.
7. Melt remaining portions of butter in a pan and use to baste chicken every 10 minutes

while it is roasting.

8. Toss wilted greens with any leftover melted herb butter.
9. Serve chicken on a bed of greens, with lime wedges on the side.

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