

Roasted Chicken & Rosemary Vegetables

with Olive-Lemon Sauce

TIME: 50-60 minutes

SERVINGS: 2

This recipe has been approved by Whole30®. To learn more about their guidelines, visit [Whole30.com](https://www.whole30.com).

In the fourth of our eight weeks of delicious Whole30® approved recipes, roasted chicken gets a sophisticated lift from a bright, briny sauce of olives, garlic, and lemon juice. The crispy chicken is perfectly complemented by aromatic rosemary-seasoned vegetables, roasted on the same sheet pan.

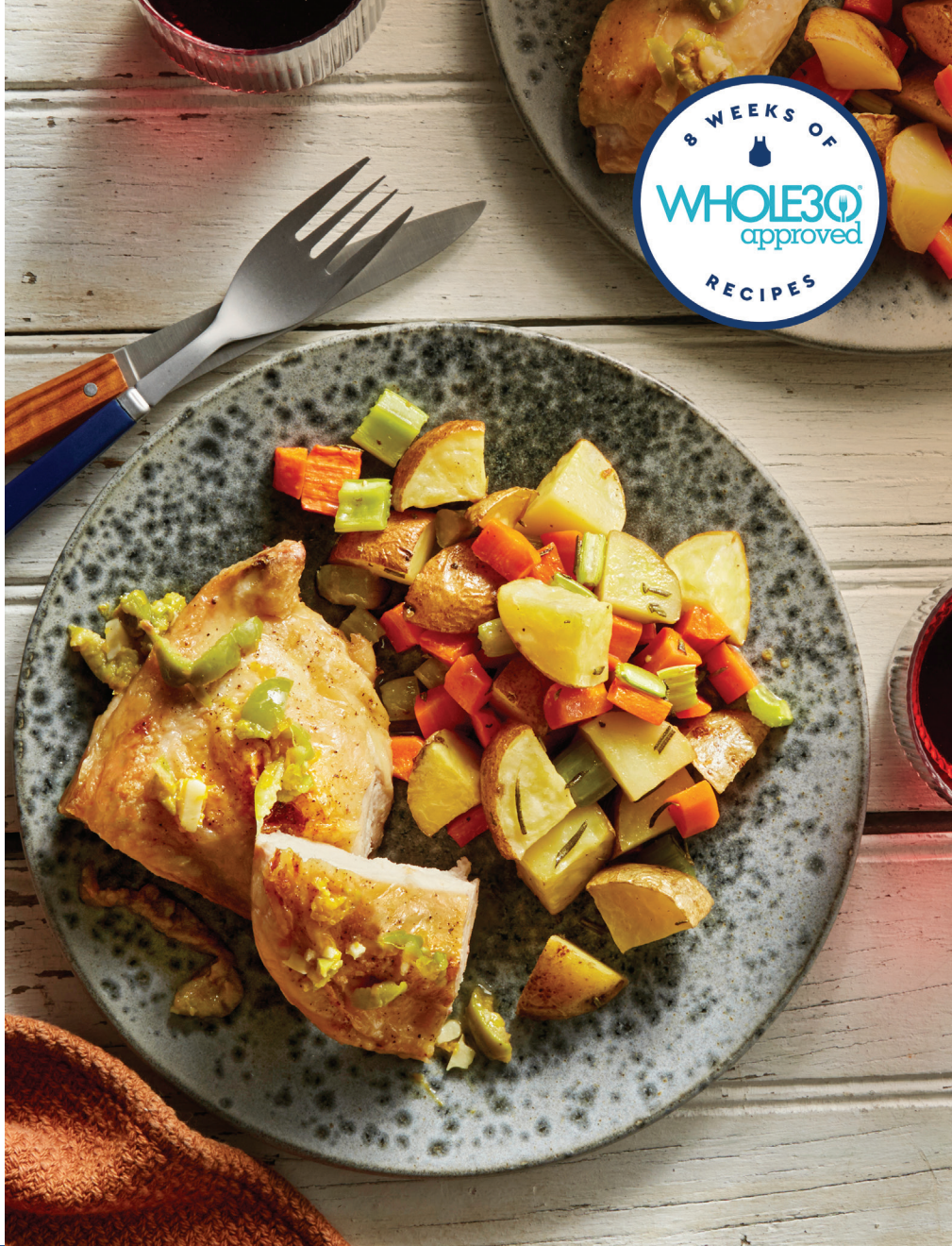


MATCH YOUR BLUE APRON WINE



Light & Bright

Whole30® guidelines do not permit alcohol consumption.



Ingredients



1
HALF CHICKEN



1 clove
GARLIC



2 stalks
CELERY



1 oz
CASTELVETRANO
OLIVES

Did You Know?

This Sicilian olive is known for its buttery, mild flavor.



¾ lb
YUKON GOLD
POTATOES



1
LEMON



1 bunch
ROSEMARY



6 oz
CARROTS



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1 Roast the chicken:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F. Line a sheet pan with aluminum foil. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Place skin side up on one side of the foil. Drizzle with olive oil.
- ☐ Roast 13 to 15 minutes. Leaving the oven on, remove the roasted chicken from the oven.

2 Prepare the vegetables:

- ☐ While the chicken roasts, wash and dry the fresh produce. Medium dice the **potatoes** and **celery**. Peel and medium dice the **carrots**. Pick the **rosemary** leaves off them stems; discard the stems and roughly chop the leaves.

3 Roast the vegetables & finish the chicken:

- ☐ While the chicken continues to roast, in a medium bowl, combine the **diced potatoes, carrots, and celery** and **chopped rosemary**. Drizzle with olive oil and season with salt and pepper. Toss to thoroughly coat.
- ☐ Transfer the seasoned vegetables to the other side of the sheet pan of **roasted chicken**. Roast 24 to 26 minutes, or until the vegetables are tender when pierced with a fork and the chicken is browned and cooked through. (An instant-read thermometer inserted into the thickest part of the chicken thigh should register 165°F.)
- ☐ Remove from the oven. Reserving any drippings on the sheet pan, transfer the roasted chicken to a cutting board and let rest for at least 5 minutes.

4 Prepare the remaining ingredients:

- ☐ While the chicken and vegetables roast, peel and roughly chop the **garlic**.
- ☐ Using the flat side of your knife, smash the **olives**; remove and discard the pits, then roughly chop.
- ☐ Using a peeler, remove the yellow rind of the **lemon**, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.

5 Make the sauce:

- ☐ Once the chicken and vegetables have roasted for about 15 minutes, in a small saucepan, heat a drizzle of olive oil on medium-high until hot. Add the **chopped garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until lightly browned and fragrant. Add the **chopped olives, lemon zest, and ¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly thickened.
- ☐ Turn off the heat. Stir in the **juice of 2 lemon wedges**; season with salt and pepper to taste.

6 Carve the chicken & serve your dish:

- ☐ Evenly top the **roasted vegetables** with the **juice of the remaining lemon wedges**.
- ☐ Using a sharp, sturdy knife, cut along the leg of the **roasted chicken** to separate the thigh and breast. Cut the breast in half crosswise through the bone (keeping the wing intact). Cut through the joint connecting the drumstick to the thigh.
- ☐ Serve the carved chicken with the finished vegetables. Top the chicken with the **sauce** and any drippings from the sheet pan. Enjoy!