

Honey Brined Lemon Roasted Chicken

Chef Alex Trimble

Preparation Time: Overnight

Cooking Time: 45 minutes

Makes 4 portions

INGREDIENTS

- 1 whole chicken
- 1 cup water
- 1 tbsp sea salt
- 1 tbsp honey
- 1 lemon, juice only
- ½ bunch fresh oregano, chopped
- 1 tsp black pepper
- 1 tbsp olive oil
- ½ bunch oregano

DIRECTIONS

1. Combine the water, salt, honey, lemon juice, oregano and black pepper.
Save the lemon halves and remaining oregano.
2. Put chicken and marinade in a container so chicken is covered with the brine.
Place in refrigerator and marinate for 24 hours.
3. Drain and pat the chicken dry with paper towels.
4. Rub the chicken with olive oil, place the lemon halves and remaining oregano into the cavity on the chicken.
5. Preheat oven to 350°F and roast the chicken to an internal temperature of 165°F on an instant read thermometer.