

Butter Roast Chicken

This is one of my favourite (and easiest) ways to do chicken for dinner. I came up with this while I was on holiday visiting family, I needed something that wouldn't take too long to cook and would feed keto and non-keto people. Roast chicken is a staple in my house - it's a very flexible dish. I use this a lot with just Waide and I eating at home, but it's also really simple to upgrade for a dinner with friends.



Ingredients:

- 12 chicken pieces (skin on)
- 80 - 100g melted butter
- 1 tsp of crushed garlic
- Approx. 2 tbsp. magic spice
- Salt & pepper

Directions:

1. Place your chicken pieces skin down in a roasting tray.
2. Mix your melted butter and garlic and stir well. The amount of butter you use depends on your chicken amount and how buttery you want your dinner. I usually just use enough butter to pour a bit over each piece of chicken. Pour the butter over your chicken pieces and distribute the garlic left at the bottom of the jug.
3. Evenly sprinkle the magic spice over your chicken. Use as much or as little as you would like - you will spice the other side of the chicken when you turn it over. Add salt and pepper.
4. Roast your chicken uncovered for approximately 40 minutes on 180C/350F. The chicken should be white and the juices clear. If it's not completely cooked, continue with the next step regardless.
5. Turn the chicken pieces over carefully (make sure the skins don't stick to the bottom of the dish), add more spice to the tops and place it back in the oven. The next step is up to you, if your chicken is cooked - turn your oven on high heat and grill the skins until crispy.
6. If you want to cook the chicken a bit more, keep it at 350F/180C and bake for 10 or so extra minutes. The timing is really easy and flexible because of the amount of fat in this dish - I have cooked these for an hour and a half before (by accident!) and the chicken is still juicy.

Recipe and images by www.alittlebitofketo.com