

## Salt Roasted Chicken



1 chicken  
1 lemon, cut into quarters  
2 large cloves garlic, bruised  
2 large sprigs of rosemary or thyme  
1kg SAXA Sea Salt Crystals

1. Preheat oven to 200 degrees Celsius.
2. Microwave lemon and garlic in a small bowl on high for 40 seconds.  
Stuff into chicken cavity with herbs.
3. Pour salt into a baking dish, and place the chicken – thigh side up.
4. Roast chicken for 30 minutes before turning onto other side, and roast for a further 30 minutes.
5. Remove from oven and serve with Salt Roasted Potatoes (see recipe).

Serves 4 to 6  
Prepare in 5 minutes  
Cook in 1 hour