

## Classic Roasted Chicken Dinner: The Perfect One-Pan Meal

Classic Chicken Roast Dinner



**OVEN**  
**425°F**

**TIME**  
**15 min**

**TEMP**  
**165°F**

**METHOD**  
**Air fryer**

### INGREDIENTS

- 1 whole chicken (about 4-5 lbs)
- 2 tablespoons olive oil
- Salt and black pepper
- 1 lemon, halved
- Fresh herbs (such as rosemary and thyme)
- 2 lbs potatoes
- 1 lb carrots
- 1 large onion

#### Swaps and Notes:

**Chicken:** A 4-5 lb chicken is a good size for a family of four. You can also use a larger or smaller chicken, but be sure to adjust the cooking time. The chicken is cooked when the juices run clear and the internal temperature reaches 165°F (75°C).

**Vegetables:** This recipe is a great canvas for whatever vegetables you love. You can use different root vegetables, such as parsnips, sweet potatoes, or a mix of both. You can also add some Brussels sprouts, broccoli, or bell peppers.

**Herbs:** Rosemary and thyme are classic herbs for a roasted chicken. You can also use other herbs like sage, marjoram, or even a little bit of fresh oregano.

**Seasoning:** Be generous with the salt and pepper. This is what helps the skin get crispy and gives the chicken its flavor.

**Lemon:** Squeezing the lemon juice all over the chicken and then tucking the halves inside the cavity adds a wonderful bright, zesty flavor.

**Directions:**

**Preheat Oven and Prep Pan:** Preheat your oven to 425°F (220°C).

**Prep the Chicken:** Remove the chicken from its packaging and pat it completely dry with a paper towel. This is a crucial step for achieving crispy skin.

**Season the Chicken:** Give the chicken a nice rubdown with olive oil. Season it generously on all sides with salt and pepper. Squeeze the juice from half of the lemon all over the chicken, then tuck the lemon halves right inside its cavity along with a few sprigs of fresh rosemary and thyme.

**Prep the Vegetables:** Chop up your favorite vegetables and scatter them around the chicken in a roasting pan. Drizzle them with a little bit of olive oil and season with salt and pepper.

**Roast:** Place the pan into the preheated oven and let it roast for about 1.5 hours. The cooking time will vary depending on the size of your chicken. You'll know it's done when the chicken reaches an internal temperature of 165°F (75°C) and the juices are running clear.

**Rest and Serve:** Once the chicken is out of the oven, let it rest for 10-15 minutes before carving. This is a crucial step that allows the juices to redistribute, ensuring a tender and juicy chicken. Serve it up alongside those delicious roasted veggies.

**Tips for Success:**

**Pat it Dry:** Patting the chicken dry is the most important step for getting crispy skin. The less moisture on the surface, the better it will crisp up.

**Don't Overstuff:** Tucking the lemon and herbs inside the cavity is great for flavor, but don't overstuff it. This can prevent the chicken from cooking evenly.

**Check the Temperature:** The best way to know if your chicken is fully cooked is to use a meat thermometer. The internal temperature of the thickest part of the thigh should be 165°F.

**Let it Rest:** Don't skip the resting step! This is essential for a juicy, tender chicken. Resting allows the juices to flow back into the meat, instead of running out all over the cutting board.

**Serving Suggestions and Pairings:**

**Nutritional Information:**

**Storage and Leftover Tips:**

**Final Thoughts:**

## DIRECTIONS

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10. **Let it : Rest:** Don't skip the resting step! This is essential for a juicy, tender chicken. Resting allows the juices to flow back into the meat, instead of running out all over the cutting board.
11. **Serving Suggestions and Pairings:** This roasted chicken dinner is a complete meal on its own. The combination of protein, carbs, and vegetables is incredibly satisfying. A side of a simple green salad would be a lovely addition.
12. **For a drink pairing,** a light-bodied red wine like a Pinot Noir or a simple iced tea would be a great complement to the savory and earthy flavors.
13. **Nutritional Information:** (Please note that this is an estimate and will vary based on specific brands and portion sizes)
14. **This is a balanced and hearty meal.** The chicken provides lean protein, the potatoes provide carbohydrates, and the carrots and onions provide vitamins and fiber. While the skin on the chicken and the oil for roasting add to the calories, it's a delicious and well-rounded meal. The estimated calories are around 520 per serving.
15. **Storage and Leftover Tips:** Leftovers of this roasted chicken are fantastic! Store any remaining portions in an airtight container in the refrigerator for up to 3 days. You can use the leftover chicken for sandwiches, salads, or tacos. To reheat, you can place a serving in a microwave-safe dish and warm it up, or for a better texture, you can place it in a toaster oven or air fryer to bring back some of that crispy skin.
16. **Final Thoughts:** This Classic Chicken Roast Dinner recipe is a timeless classic for a reason. It's a comforting, delicious, and easy meal that is perfect for any occasion. The combination of juicy chicken and delicious roasted vegetables is simply irresistible. I hope you enjoy this effortless and delicious meal as much as I do!

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Original recipe: <https://chefmaniac.com/classic-roasted-chicken-dinner-the-perfect-one-pan-meal/>