

Lemon Chicken with Tarragon Dressing



Serves 4 Prep 30 mins

Cook 1h 30 - 40mins

Easy

For the chicken

1 small chicken (about 1.2 kg)
2 lemons
1 tbsp olive oil
1/2 tbsp clear honey

For the dressing

100g crème fraiche
1 tbsp chopped tarragon
zest & juice of 1/4 lemon
3 little gem lettuces

The chicken

1. Heat the oven to 190C/Fan 170c/Gas 5. Take the lemons and using a skewer, prick them all over, then put them inside each chicken. Tie the legs together, place in a roasting tin, then brush with the oil. Roast for 1 hour, then brush the skin with a little honey and season. Roast for a further 30-40 mins until the chicken is well-cooked and glossy. Remove from the tin and leave to cool. After cooling, wrap in foil and keep in the fridge for up to 24 hours.
2. Keep 300g of the chicken aside for the creamy chicken soup tomorrow.
3. To serve, separate the leaves from the little gems, then arrange over a platter. Remove the breasts from the chicken in one piece, then pull the meat from the legs and wings and shred it. Cut each breast into slices. Put a little brown meat in each lettuce leaf, then top each with a slice of breast. Just before serving drizzle a little dressing over each piece of chicken.
4. This can be served as a main meal for 4 with some potato croquettes.

The dressing

1. To make the dressing, whisk together the crème fraiche, tarragon, lemon zest and juice and seasoning.