

Roast Chicken with Garlic Sauce

Yield: 5 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-free-range-chicken-recipe>

Ingredients:

- 3 sprigs thyme each of, and rosemary
- 3 butter generous knobs of
- 1 onion medium, finely chopped
- 4 ounces chicken livers finely chopped
- 2 teaspoons thyme leaves
- 1 cup breadcrumbs fresh white
- 2 tablespoons chopped parsley
- 3 sprigs curly parsley
- 1/2 tablespoon Dijon mustard
- 3 tablespoons duck fat warmed, or pan juices from the chicken
- 2/3 cup breadcrumbs fresh white
- milk a little, to mix
- 3 1/2 pounds free-range chicken with livers
- 4 tablespoons butter
- 4 heads garlic

Nutrition:

1. Calories: 1010 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 350 milligrams
4. Fat: 73 grams
5. Fiber: 2 grams
6. Protein: 62 grams
7. SaturatedFat: 27 grams
8. Sodium: 570 milligrams
9. Sugar: 3 grams

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