

BBQ Whole Chicken



Prep time	5 minutes
Cook time	1 hour
Total time	1 hours, 5 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Main Dish
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot
Occasion	Barbecue

Ingredients

- 1 Whole chicken

To season: (Optional)

- Water
- Garlic cloves
- Chives
- Parsley

Directions

1. Prepare the BBQ and preheat to 180 C.
2. Wash and drain the chicken, pat dry with some paper towel.
3. Fill the inside of the chicken roaster with a bit of water, some chives, garlic and/or parsley. Or just leave it empty.
4. Place the chicken onto the cooker and place into the BBQ. Close the lid and cook for about an hour.
5. Check that the chicken is cooked using a thermometer, or piercing the thickest part of the thigh with a skewer. The juices will run clear when cooked.



Note

Low Chemical / Failsafe if the skin (amines) is removed before eating.

The fat will drain from the chicken into the cooker, so watch out for flames. The chicken cooks much faster than in the oven.