

How to Roast a Whole



Chicken

1



Pre-heat oven to 375°F.

2



Remove chicken from packaging. Place breast side up in roaster or pan with sides.

3



Do not rinse chicken. Simply season with salt, pepper, spices and herbs.

4



Bake until internal temperature of the thickest part of the breast reaches 180°F.

5



Roast for 90-110 minutes for a 4.5 lb (2 kg) chicken.

6



Remove from oven, tent with foil and let rest for 10 minutes.

This information has been adapted from the Government of Canada's food safety guidelines for handling and preparing chicken.

Visit our website at www.manitobachicken.ca to learn more.