

# Roasted Blasted Chicken by Lynn's Recipes

---



A recipe from the Food Network's, Sara Moulton called Blasted Chicken. It is cooked in a 450° oven for 45 minutes, so it takes little time to have roasted chicken on the table for dinner.

## Ingredients:

- 3-1/2 pound whole chicken
- Olive Oil
- Salt
- Pepper

Clean out giblets, etc. from the chicken cavity and brush olive oil all over the chicken. Salt and pepper the skin of the chicken and place in a heavy roasting pan, uncovered. Place in a preheated oven at 450° for 45 minute or until a meat thermometer registers 165-170° when inserted into the leg-thigh joint or the juices run clear. Cover with aluminum foil and let it rest for 15 minutes before carving.

[Comment or watch this Recipe on You Tube](#)

## Follow me on:

[YouTube](#)

[Twitter](#)

[Facebook](#)

[Instagram](#)

Lynn's Recipes: November 2011  
[www.lynnrecipes.com](http://www.lynnrecipes.com)

# Roasted Blasted Chicken by Lynn's Recipes

---

-----

[Click here for a handy Conversion Chart](#)