
Roast Chicken with Celeriac Chips and Garlicky Greens

Tender roasted chicken paired with crispy low-GI celeriac chips and nutrient-rich cavolo nero—a blood sugar-friendly twist on a classic roast dinner.

Prep: 20 min

Cook: 95 min

Total: 115 min

Servings: 6

GL 17.9 / GI 45

Ingredients

Skinless preparation reduces saturated fat 1.5kg whole chicken

Low GI citrus, adds flavor without sugar 1 lemon, for cavity

GI ~35, excellent low-glycemic potato alternative 1kg celeriac, peeled and sliced into fries

Minimal fat for roasting Low-calorie cooking spray

Fresh herb, negligible glycemic impact Small bag fresh tarragon, finely chopped

Lower GI than onions, adds depth 4-6 shallots, finely chopped

No added sugar, supports metabolism 2 level tsp Dijon mustard

Acidic component helps lower meal GI Juice of 2 lemons

Concentrated citrus oils, no sugar Unwaxed zest of 1 lemon

May help regulate blood sugar 1 large garlic clove, finely sliced

GI <15, high fiber dark leafy green 250g cavolo nero, shredded

Spice with potential insulin-sensitizing properties Black pepper, to taste

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Instructions

Step 1

Preheat your oven to 200°C (180°C fan/gas mark 6). Pat the whole chicken dry with paper towels and place it on a large non-stick baking tray. Insert the whole lemon into the chicken cavity to infuse moisture and citrus flavor during roasting. Season the outside with black pepper if desired.

Step 2

Place the chicken in the preheated oven and roast for approximately 1 hour, or until the internal temperature reaches 75°C and juices run clear when you pierce the thickest part of the thigh with a skewer. The skin will become golden and crispy during roasting.

Step 3

While the chicken roasts, prepare the celeriac by peeling and cutting it into chip-shaped fries about 1cm thick. Spread them in a single layer on a separate large non-stick baking tray, ensuring they don't overlap. Lightly spray with low-calorie cooking spray. After the chicken has been roasting for 30 minutes, add the celeriac tray to the oven on a lower rack.

Step 4

When the chicken is fully cooked, remove it from the oven, tent loosely with aluminum foil, and let it rest for 10-15 minutes. This allows juices to redistribute throughout the meat. Meanwhile, turn the celeriac chips and return them to the oven for an additional 15-20 minutes until they're golden brown and tender with crispy edges.

Step 5

Prepare the tarragon-lemon dressing by combining the finely chopped tarragon, chopped shallots, Dijon mustard, lemon juice, and lemon zest in a small bowl. Add 1-2 tablespoons of water to create a pourable consistency and season generously with black pepper. Reserve half of this dressing in a covered container in the refrigerator for another meal.

Step 6

Heat a large non-stick frying pan over medium-high heat and spray with cooking spray. Add the sliced garlic and sauté for 30-60 seconds until fragrant and just golden. Add the shredded cavolo nero, season with black pepper, and add a splash of water (about 2 tablespoons). Stir-fry for 4-5 minutes until the greens are tender but still vibrant.

Step 7

Remove and discard the chicken skin and any visible fat deposits to reduce saturated fat content. Carve the chicken into serving portions, slicing the breast meat and separating the legs and thighs. Arrange portions of chicken, celeriac chips, and garlicky cavolo nero on each plate. Drizzle with the tarragon-lemon dressing and finish with a twist of black pepper.

Step 8

For optimal blood sugar management, encourage diners to eat the cavolo nero and celeriac chips first, followed by the chicken. This eating sequence helps slow glucose absorption. The meal provides sustained energy with minimal glycemic impact, making it ideal for lunch or dinner.