

Dinner – Paleo

Butterflied Roasted Chicken With Wild Mushroom Soup



SERVES: 4 PREP: 15 min. COOK: 1 h.

Ingredients

- 1 whole chicken, patted dry
- 3 tbsp. melted Paleo cooking fat
- 3 tbsp. fresh rosemary, finely chopped
- 2 onions, peeled and quartered
- 4 carrots, peeled and sliced
- 2 bell peppers, chopped
- 2 lemons, halved
- Sea salt and freshly ground black pepper to taste;

Preparation

1. Preheat your oven to 400° F.
2. Place the chicken, breast-side down, on a cutting board. Cut along both sides of the

backbone from end to end with kitchen shears and remove the backbone. Flip the chicken.

breast-side up and open it like a book. Press firmly on the breasts with your palm to

flatten.

3. Save the backbone for some homemade stock.

4. In a small bowl, combine the cooking fat and 2 tbsp. of the rosemary.

5. Rub the chicken with 2/3 of the fat/rosemary mixture and season the chicken to taste with

sea salt and ground pepper.

6. Line a large baking sheet with aluminum foil.

7. Place the chicken on the baking sheet and surround it with the vegetables and the lemons.

8. Pour the remaining fat/rosemary mixture over the vegetables and season to taste.

9. Place the baking sheet in the oven and cook for 1 hour or until a meat thermometer reads

165° F in the thickest part of the breast.

10. Remove chicken from oven, squeeze some lemon juice over it, and serve.

Wild Mushroom Soup

SERVES: 4 PREP: 15 min. COOK: 35 min.

Ingredients

1 ½ lb. mixed wild mushrooms, sliced;

2 large shallots, diced

1 tbsp. fresh thyme

7 cups chicken stock

1 cup. coconut milk

3 tbsp. ghee

¼ cup parsley, chopped

2 tbsp. tapioca starch; (optional)

Sea salt and freshly ground pepper

Preparation

1. Melt the ghee in a large saucepan placed over medium high.
2. Add the shallots and sauté for 3 to 4 minutes.
3. Add the mushrooms and thyme and cook for about 8 minutes.
4. Add the chicken stock and bring to a boil. Turn down the heat to medium-low, and let simmer for 15 minutes.
5. Stir in the coconut milk, season to taste, and let simmer for another 5 minutes.
6. Stir in the tapioca starch if you like your soups thicker.

7. Mix in the chopped parsley and serve.