

HERB-ROASTED TURKEY

RECIPE BY: GEMMA OBERHOLZER



LOWER CARBS



DAIRY-FREE



NO GLUTEN

DIFFICULTY: MEDIUM

TIME: 3 HRS 30 MINS

SERVES: 12

Packed with flavour, this oven-roasted turkey recipe is healthy and is sure to impress your festive party!

METHOD

Preheat your oven to 220C. Remove giblets and neck from turkey cavities. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels. Mix minced herbs, oil, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place onion, apple and oranges pieces and half of the herb sprigs in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water and the remaining 10 herb sprigs to the pan. Roast the turkey until the skin is golden brown, 45 minutes. Remove from the oven. Cover the breast with a double layer of foil, cutting as necessary to conform to the breast. Reduce oven temperature to 180C and continue roasting for about 1 1/4 to 1 3/4 hours more - the juices will run clear when cooked. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water. Transfer the turkey to a serving platter and cover with foil. Let the turkey rest for 20 minutes. Remove string and carve.

INGREDIENTS

- 4.5 - 5kg turkey
- ¼ cup fresh herbs, plus 20 whole sprigs, such as thyme, rosemary, sage, oregano divided
- 2 Tbsp oil
- Salt & pepper to taste
- Onion, apple, lemon and/or orange, cut into wedges (to make 1 1/2 cups)
- 3 cups water, plus more as needed