PREHEAT THE OVEN to 375 degrees.

Wash the chicken inside and out and pat dry with a clean towel. Remove any excess skin or fat from the cavity and discard. Place the chicken in a roasting pan large enough to hold it with a few inches of vegetables all around it.

Pour about half the olive oil on the chicken and rub it all over to coat the skin.

Lightly season the chicken with sea salt and pepper inside the cavity and all over the outside.

Combine the finely chopped fresh herbs in a medium-size bowl. Spoon about half the herbs into the chicken cavity. Spread the remainder of the herbs over the outside of the chicken and press them gently onto the oiled skin to make an even coating all over the chicken.

Sprinkle about half the white wine over the chicken and pour the remainder into the pan.

Place the parsnip and carrot pieces in the pan all around the chicken. Pour the remainder of the olive oil over them and stir to coat them with the oil and wine from the bottom of the pan.
Place the roasting pan in the preheated oven and bake for 1–1¼ hours.
The skin of the chicken should be a deep golden brown all over. Juices from the chicken should be clear.

Remove the roasting pan from the oven and let it sit for at least 15 minutes before transferring the chicken to a platter. Spoon the vegetables around the chicken and garnish the chicken with a few whole sage leaves and sprigs of thyme. Sage and Thyme Chicken makes a beautiful presentation, and its fragrance is herbal and wonderful.

You can make this dish a couple of hours ahead of time and just heat it in a warm oven (250 degrees) for about 20 minutes before serving, which actually enhances the herb flavors.

Serves 6