

SPATCHCOCK ROAST CHICKEN WITH RICE



I love roast chicken! There are so many ways to cook it and I like to prepare it a little differently each time, but here is one version I love, love, *love*! There is a depth of taste with this version, and it adds lots of flavour to the rice, too. Once you get over the gruesome act of spatchcocking your chicken – and, yes, it’s definitely NOT my favourite part, but it makes a huge difference to the juiciness of the chicken, and also allows it to cook faster and more evenly, as well as making it crispier – then you’ll enjoy the rest of the process. So...steel your nerves...and get cooking! (Alternatively, if you don’t have the stomach for the spatchcocking bit, you can always ask your butcher to do it for you.)

Yields:

10-12 servings

Prep. Time:

0 hours **20** minutes

Cook Time:

1 hour **0** minutes

Total Time:

1 hours **20** minutes



Unsuitable for freezing



Suitable from **12** months



Not suitable for vegans



Not suitable for vegetarians

INGREDIENTS

- 2 whole chickens, spatchcocked
- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 1 Tbsp ground turmeric
- 1 Tbsp sumac
- Salt & pepper
- 1 tsp cayenne pepper
- 1 tsp Piri-Piri seasoning (optional) *
- 1 tsp Cajun seasoning (optional) *
- 1 Tbsp dried oregano
- 1 lemon, thinly sliced

- 1 orange, thinly sliced
- 2 cloves garlic, sliced
- Olive oil
- Butter
- 1-2 cups Parboiled rice (depending on how much space you have on your tray)
- 250-500ml hot water (again, depending on how much rice you've used)

METHOD

1. Take a deep breath! In....out! Alright, here we go...you're now ready to spatchcock your chicken.
2. Place the chicken breast side down.
3. Take kitchen scissors or a good knife, and start cutting alongside the backbone.
4. Next, cut alongside the other side of the backbone, until it is completely removed. (By the way, don't throw the backbone away. Save it and freeze it, so you can use it at a later point to make wonderful homemade chicken stock!)
5. Turn the chicken over, spread the legs to the side, and then, placing your hand on the bird, press down on the breastbone to flatten it. You will hear a cracking sound and, I must admit, this is the bit that makes me feel odd and a little queasy, but, if you've managed to reach this point, then you should congratulate yourself! You have successfully managed to spatchcock a chicken! (Wash your hands and give yourself a pat on the shoulder! Seriously! Do it! You deserve it!)
6. Preheat oven at 250C/482F.
7. Place the chicken (breast side up) onto a lightly greased baking tray.
8. Rub some olive oil all over the chicken.
9. In a bowl, mix all the different herbs and spices mentioned in the ingredients together and sprinkle evenly over the chickens.
10. And now comes the fun part!
11. With clean hands, rub each chicken well, making sure the herbs and spices go everywhere.
12. Place the lemon, orange and garlic slices underneath the chicken.
13. Cut thin slices of butter, and strategically place all over the chicken.



14. Roast in the oven for about an hour. Take the chicken out of the oven often, and using a spoon, baste it with the melted butter.
15. Once the chicken looks golden brown, turn it over, and keep basting often.
16. Take the tray out of the oven, turn the chicken breast side up, and add the parboiled rice all around it. Mix well into all the juices, then carefully add the hot water (add as much water needed for the amount of rice you've used).
17. Place back into the oven, lower the heat to 200C/392F, and continue cooking until the rice is cooked and fluffy.
18. Take out of the oven, and allow the chicken and rice to sit for 5-10'.



* Piri-piri seasoning is made up of dried chillies, dried onion, garlic granules, black pepper, chilli powder, cumin, salt, oregano, bay leaves, red & green bell peppers, dried lemon peel, paprika, basil & ground coriander seeds.

* Cajun seasoning is made up of chilli powder, salt, cumin, oregano, dried red bell peppers, black & white pepper, cayenne pepper, garlic powder, allspice, ground coriander seeds, ground ginger, ground fennel seeds, cardamom & thyme