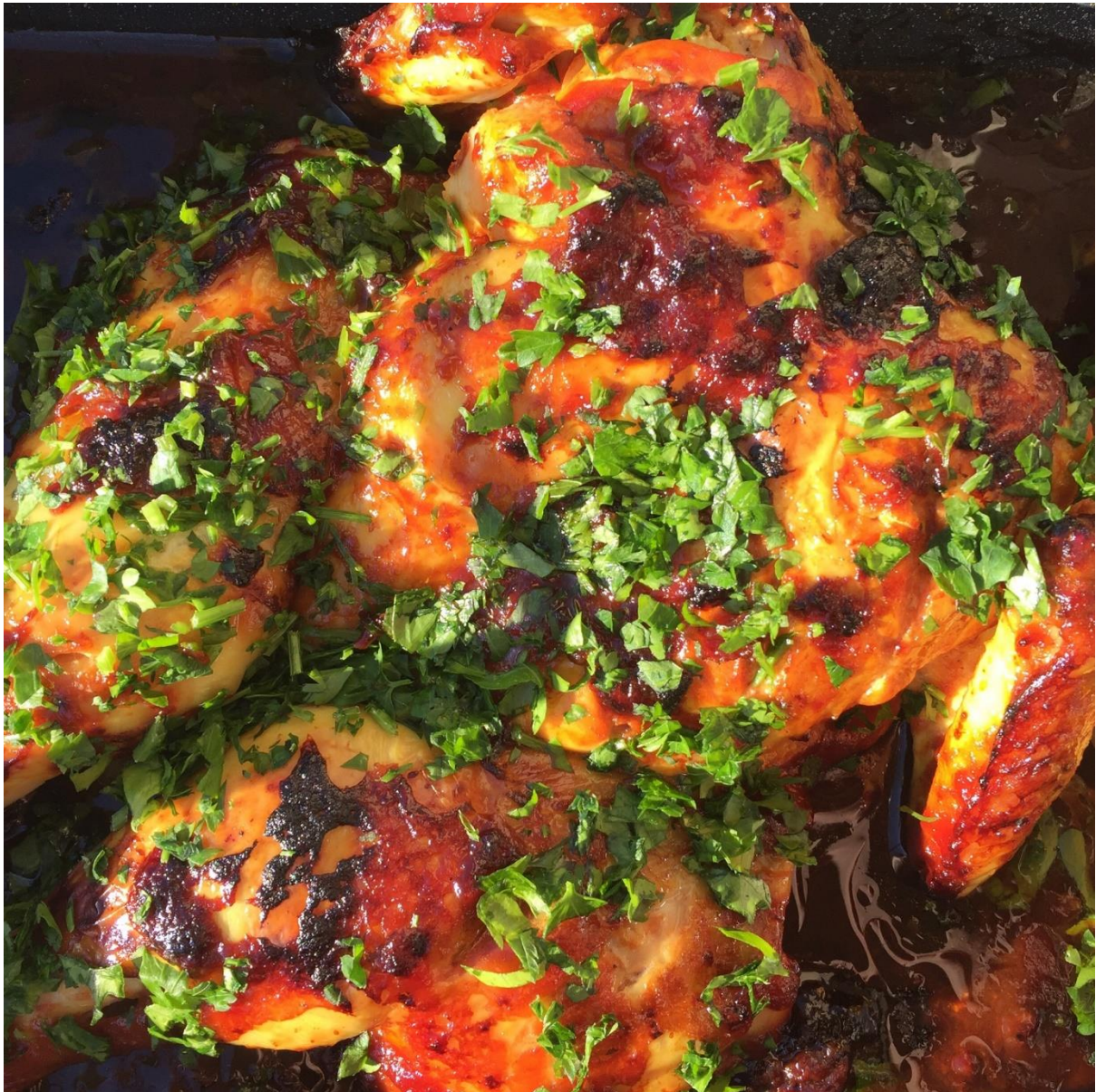


FINGER LICKIN' GOOD STICKY ROAST CHICKEN



As mentioned previously, I love roast chicken! When left to soak up all the goodness of this sticky delicious marinade, well...what's *not* to love? Leave the chicken in the marinade for at least two hours or, if you have the time and inclination, even leave it in overnight! This chicken can be enjoyed roasted or even on a BBQ! It's gooey and inviting and will have people licking their fingers to get all the saucy delights!

Yields:

4-6 servings

Prep. Time:

2 hours **20** minutes

Cook Time:

1 hour **0** minutes

Total Time:

2 hours **20** minutes



Unsuitable for freezing



Suitable from **12** months



Not suitable for vegans



Not suitable for vegetarians

INGREDIENTS

- 1 whole chicken, spatchcocked
- 6 Tbsp Ketchup (heaped, generous Tbsp)
- 3-4 Tbsp Worcestershire Sauce
- 2 Tbsp honey
- 2 tsp Dijon mustard
- 1 Tbsp olive oil
- 2-3 Tbsp soya sauce
- 2 cloves garlic, crushed
- 1 Tbsp ground turmeric
- A pinch of salt
- A pinch of pepper
- 1 tsp dried oregano
- ½ tsp cayenne pepper

METHOD

1. First, you must spatchcock your chicken. This allows it to cook faster and more evenly. If you want to do this yourself, find out how in my other chicken recipe, [Spatchcock Roast Chicken with Rice](#), which you will find in

this section of my website. Alternatively, you can ask your butcher to spatchcock it for you. The choice is yours!

2. So, once the difficult business of spatchcocking is over, slash the chicken in various places, on the breasts, the thighs. These deep cuts will allow for the marinade to go deeper and make the chicken juicier and more tender.
3. Set the chicken aside. You can now prepare the marinade.
4. Mix all the ingredients together in a large bowl, big enough to fit the whole chicken.
5. Once mixed, place the chicken in the marinade and rub all over, making sure every little bit is covered, even the cuts.
6. Cover the bowl with a lid or cling film, and refrigerate for a good 2 hours. If you plan ahead, you can keep in the fridge overnight.
7. Preheat oven at 230C/446F.
8. After 2 hours (or the next day), take the chicken out of the fridge and place in a baking tray. Pour whatever remaining marinade there is over the chicken.
9. Cut thin slices of butter and place on the chicken.
10. Roast in the oven for about 20'-25', then turn the chicken over and roast for another 20'25'.
11. For the final 10' or so, turn the chicken breast side up, again, and allow the skin to get a little chargrilled.
12. Once out of the oven, cover the chicken with silver foil and allow to rest for about 10'.
13. Enjoy with a fresh salad, potatoes, rice, or whatever else your heart desires!

