

Spatchcock Chicken with Lemon and Herbs

Spatchcock chicken is a great way to reduce cooking time and hassle but still create a scrumptious dinner

Serves: 6

Prepare: 10 Minutes

Cook: 45 Minutes

Difficulty: easy



Ingredients

- [organic spatchcock chicken](#)
- 2 whole lemons
- 1 bulb of garlic
- small handful each of thyme, sage and sorrel
- 70g organic butter
- salt and pepper to season

Method

1. Preheat the oven to 170°C fan, 190°C, gas mark 5.
Lightly grease a large roasting tray with cooking spray or oil
2. Zest and squeeze 1 lemon; slice the other lemon thickly into rounds and set aside
3. Transfer the spatchcock chicken, breast side up, to the lightly greased roasting tray
4. Rub the skin of the spatchcock chicken generously with butter, then season it generously with salt and pepper
5. Remove the leaves from the fresh herbs and sprinkle them over the buttered chicken. Drizzle over the lemon juice and scatter the lemon zest
6. Split the garlic bulb into cloves and, without peeling, nestle them around the chicken. Follow with the lemon slices before roasting the bird, uncovered, for 45 minutes
7. Use a meat thermometer to check if the chicken is cooked – it should be between 72°C and 75°C at the thickest part. Alternatively, check by taking hold of the drumstick and twisting gently. If it comes away easily, it's done
8. Let the chicken rest at room temperature for about 15 minutes before carving it and serving
9. Serve with crispy roast potatoes and a crunchy green salad