

Miele

Spatchcock chicken with grilled kumara and baby cos salad

By Miele

20 minutes

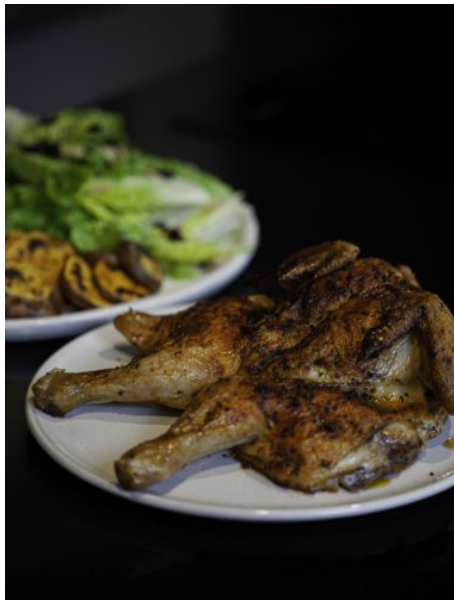
Preparation time

1 hour

Cooking time

4

Serves



INGREDIENTS

1 chicken, free range
1 tsp salt
1 tsp smoked paprika
1 tsp thyme, dried
1 tbsp olive oil

Grilled kumara

2 tbsp olive oil
750g orange kumara / sweet
potatoes (about 2 medium), washed,
sliced into ½ cm rounds

Baby cos salad

4 tbsp olive oil
½ lemon, juiced
2 baby cos, washed, cut into 1/8
lengthways
4 tbsp black olives, pitted, sliced
5 tbsp almonds, slivered, toasted
Salt flakes, to taste

METHOD

Spatchcock chicken

1.

1. Cut chicken down one side of the backbone with a strong pair of scissors and open out to flatten, pressing hard down on the breastbone.
2. Mix the salt, paprika and thyme together and rub over both sides of the bird.
3. Place on a grilling and roasting insert on a multi-purpose tray, skin side up. Drizzle the olive oil over the spatchcock and rub into the skin.
4. Preheat the oven on Moisture Plus at 200°C on Fan Plus with 3 manual bursts of steam.
5. Place in the oven on shelf position 2 and bake for 45 minutes, releasing a burst of steam immediately, second burst at 15 minutes and third burst at 30 minutes.
1. Rest chicken under foil for 15 minutes.

Grilled kumara

1. Drizzle half the olive oil and a sprinkling of salt onto a multi-purpose tray and lay kumara evenly on the tray, drizzle the remaining olive oil and another sprinkle of salt on top.
2. Select Fan Grill at 200°C and place kumara on shelf position 5 for 12 minutes.

Baby cos salad

1. Mix olive oil and lemon juice together and dress salad, layering up the olives and almonds with the baby cos and season to taste.

To serve

1. Arrange chicken, kumara and salad in serving bowls.