

Miele

Fan grilled spatchcock with roasted pepita sauce

By Miele

1 hour 30 minutes

Preparation time

1 hour

Cooking time

4-6

Serves



INGREDIENTS

Spatchcock chicken

2kg whole chicken
750ml apple cider
2 tbsp dry lemon myrtle leaves
30ml olive oil
Salt

Roasted pepita sauce

75g raw pepitas
1 cinnamon stick
1 bunch coriander, keep some leaves for garnish
2 jalapenos chilli's, stems removed
120ml grapefruit juice
60ml apple cider vinegar
60ml lime juice
30g brown sugar
Salt, to taste

Lemon myrtle salt

2 tbsp salt flakes
1 tbsp dry lemon myrtle leaves
1 tbsp fried shallots

To serve

Capsicum
Broccolini
Red onion
Zucchini
Eggplant

METHOD

Lemon myrtle salt

1. Grind all ingredients in a mortar and pestle, or spice mill, until well combined and set aside.

Roasted pepita sauce

1. Spread the pepitas and cinnamon stick on a baking tray and place into the oven on shelf position 2. Cook on Fan Plus at 180°C for 10 minutes. Remove the tray and allow to cool.
2. Place the roasted pepitas and cinnamon into a blender, along with the remaining ingredients, and blend until smooth.

Spatchcock chicken

1.
 1. Remove the wishbone and backbone, flatten the flesh carefully and place into a large bowl. Add the apple cider and lemon myrtle, cover and set aside for 1 hour to marinate at room temperature.
 2. Cut vegetables into 2-3cm pieces and toss in olive oil, salt and pepper.
 3. Preheat the oven on Fan Grill at 200°C.
 4. Remove the chicken from the marinade. Flatten out, skin side down on a grilling and roasting insert on a multi-purpose tray and drizzle inside the cavity with half of the olive oil and season with salt.
 5. Place into the oven on shelf position 4 and cook for 25 minutes.
 6. Turn the chicken over so the skin side is now facing up, drizzle with remaining olive oil and cook for 5 minutes.
 7. Place the vegetables around the chicken and cook for a further 15-20 minutes, until chicken is nicely browned and vegetables are cooked.

To serve

1. Pour the roasted pepita sauce mixture into a pan and cook on high heat, induction setting 7, stirring for approximately 5-6 minutes until the sauce has reduced. Remove from the heat and season with salt to taste.
2. Spoon the roasted pepita sauce onto a platter and place the grilled vegetables around the platter.
3. Place the spatchcock chicken onto the platter and sprinkle generously with lemon myrtle salt.

Hints and tips

- Grapefruit juice can be substituted with lemon juice.
- Change the vegetables to suit your preferences.
- Serve the chicken either whole, or cut into pieces on the platter or individual plates.