

Zesty Butterflied Roast Chicken with Harissa Glazed Vegetables

EQUIPMENT

Mixing Bowls (Large and Small), Large Roasting Dish, Spoons, Baking Paper, Chef's Knife

INGREDIENTS

1 x 1.3-1.4kg Butterfly Boned Chicken, 3 Lemons, 3 Shallots, 3-4 Garlic Cloves, 4 Small Potatoes, 10 Chantenay Carrots, 5 Peeled Pearl Onions, 5-10gm Harissa Paste, 20gm Caster Sugar, Vegetable Oil, Extra Virgin Olive Oil, 2-3 Sprigs Thyme, 20gm Red Wine Vinegar, Sea Salt Flakes, Rocket Leaves

METHOD

Place the roasting dish in the oven and heat the oven to Combi Mode 200° c Low Steam (25%).

For the marinate place 2 sliced shallots, 3-4 chopped cloves of garlic, 10gm red wine vinegar, juice of 2 lemons, 10gm sugar and salt in a mixing bowl and mix together. Pour over the chicken and marinate for up to 2 hours.

Once the chicken has marinated cut the potatoes and onions in half, remove the roasting tray from the oven and place the chicken in the tray skin side facing down and pour over remaining marinate, scatter onion, potato, carrots and lemon over the tray and place in the oven for 45-50 minutes.

For the salad dressing, finely dice the remaining shallot and place in a mixing bowl with picked thyme leaves, sugar, red wine vinegar and a pinch of salt and set aside until the chicken is cooked.

Once the chicken is cooked add 30-50gm EVOO to the salad dressing, mix well and set aside. Remove the chicken from the oven and remove the chicken from the roasting tray leaving the vegetables in the tray. Set the chicken aside to rest and place the roasting tray on the stovetop over medium high heat and reduce the cooking juices to glaze the vegetables.

Once glazed remove from the stovetop, add the chicken back to the roasting dish and serve in the middle of the table with rocket salad dressed with shallot dressing.

HINTS & TIPS

This is a great one tray dinner, while the vegetables are 'roasted' they really come to life once the cooking juices are reduced to glaze them on the stovetop while the chicken rests.

Remember don't marinate this for too long as the marinate is very high in acid and too long it will start to cook the chicken.