Butterflied Roast Chicken

A butterflied chicken means a quicker and more even cook to the traditional roast chicken. Add that with pantry herbs – you've got yourself a quick, delicious, budget friendly weeknight meal.

Ingredients

1 chicken, butterflied

2 tsp dried rosemary

1 tsp dried thyme

1/2 tsp ground sage

1/2 tsp ground black pepper

3 tbsp olive oil

1 lemon, zested and sliced into 4

4 garlic cloves

2 tbsp white wine or stock

Method:

1. Preheat oven to 200C

2. Combine the dried rosemary, thyme, sage, peppercorns, olive oil.
3. Season chicken generously with salt, then rub lemon zest and the dried herb mix. In a baking tray or an ovenproof pan place the garlic cloves, lemon quarters on the base of the tray and lay the chicken skin side up on top.
4. Roast in the oven for 35- 40 minutes or until the skin is golden brown and the chicken is cooked.
5. Remove the chicken from the tray and set aside to rest in a warm place.
6. Place roasting tin on the stove top on low heat and deglaze with white wine and 3 tablespoons of water. Stir the base with a spoon to loosen any sticky bits and bring the gravy to a boil to reduce.