

Miele

Spatchcock chicken with grilled sweet potato and baby cos salad

By Miele

20 minutes

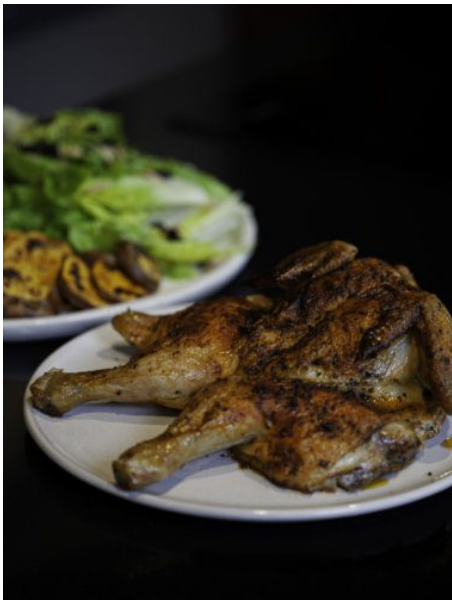
Preparation time

1 hour

Cooking time

4 serves

Serves



INGREDIENTS

Spatchcock chicken

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

Grilled sweet potato

- 2 tbsp olive oil
- 750g sweet potato (approximately 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 lengthwise
- 4 tbsp black olives, pitted, sliced
- 5 tbsp almonds, slivered, toasted
- Salt flakes, to taste

METHOD

Spatchcock chicken

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.
- 6.

Grilled sweet potato

1. Drizzle half the olive oil and a sprinkling of salt onto a multi-purpose tray and lay sweet potato 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 the potatoes on shelf position 5 and grill 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, sweet potato and salad in serving bowls.

Hints and tips

- The spice marinade can be changed to suit tastes.
- If a crispier skin is desired after cooking time complete, cook for a further 10 minutes on Fan Grill.