



Butterflied Chicken with Preserved Lemon, Garlic & Thyme



DIFFICULTY: EASY



PREPARATION TIME: 10
MINUTES



COOKING TIME: 40 MINUTES



SERVES: 4

Ingredients

1.4 kg whole chicken, butterflied
70 g butter, softened
Olive oil
4 cloves garlic, chopped
4 pieces preserved lemon, pith removed
Small bunch thyme

Method

Line a universal pan with baking paper.

Gently massage butter into chicken under the skin and over the skin.
Massage olive oil over outside of chicken and season with salt and pepper.

Place whole garlic cloves, preserved lemon and thyme under the skin of breast and drumsticks.

Place chicken onto prepared universal pan; place onto level 3. Insert meat probe into chicken breast.

Set oven to CircoRoasting® 200°C, core temperature 76°C, low steam. The oven will turn off when the core temperature has been reached (approximate cooking time is 40 minutes).

The result is a beautifully cooked, moist and golden chicken!

Notes

This recipe uses VarioSteam®. We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed. All vegetables are medium size and peeled, unless specified. All eggs are 55–60 g, unless specified.