COOKING PASSION SINCE 1877

Butterflied Chicken with Mango Salsa

DIFFICULTY: EASY

PREPARATION TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

SERVES: 4

Ingredients

For the Chicken

2 tbsp Gewürzhaus BBQ Glaze Spice

2 tbsp extra virgin olive oil

1 Lime, juiced

2 x 1.1 kg Whole chickens, butterflied and wing tips removed (you can ask your butcher to do this for you, or follow these instructions on how to butterfly a chicken.

For the Salsa

2 mangoes, cut into chunks

2 medium tomatoes, diced

1 small red capsicum, diced

2 avocados, diced

2 tsp red chilli, finely chopped (add more if you like it hot!)

½ medium Red onion, finely diced

1 tsp fresh ginger, finely grated

¼ cup fresh coriander, chopped

1 lime, juiced

Method

Set your oven to CircoRoasting at 180°C.

In a small bowl, mix the Gewürzhaus BBQ Glaze Spice, extra virgin olive oil and lime juice. Rub this mixture all over the butterflied chickens.

Place the chickens skin side down onto a baking paper lined universal tray and put into the oven on level 3.

Cook for 15 minutes then turn the chickens over to the skin side. Continue to cook for approximately a further 30 minutes or until a skewer inserted into the thigh of the chicken shows the juices running clear. If using a meat probe, cook until the internal temperature of the chicken reaches 75°C.

While the chickens are cooking, combine all the salsa ingredients and set aside.

Once the chicken is cooked, remove from the oven and allow to rest for 5 minutes covered with foil.

Chop each chicken into quarters, place two quarters on each serving plate and top with a large spoonful of mango salsa. Finish with another squeeze of lime juice, a drizzle of extra virgin olive oil and a sprinkle of salt flakes if desired.

Salt & Pepper to taste

Notes

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