

**A Spatchcock chicken is simply a chicken from which the backbone has been removed and the bird flattened out. You can easily do this at home using a good pair of kitchen scissors, or ask your butcher. Pass a couple of skewers diagonally through the bird to keep it flat whilst cooking.**

**Ingredients:-**

Chicken - Spatchcocked

1 small bunch of thyme

4 cloves garlic

1 inch of fresh ginger root, sliced

1 teaspoon of sea salt

juice of 1 lemon

3 teaspoon of olive oil

pepper to taste

A dash of cayenne pepper

**Method:-**

(1) Put all ingredients into a food processor and blend until everything is chopped finely.

(2) Put the chicken in a casserole dish and pour the marinade over it. Turn it over so both sides are covered.

(3) Cover with a lid and put the chicken back in the fridge overnight or for at least an hour.

(4) Heat the oven to 450º F or 235º C.

(5) Cook for 1 hour or until the chicken is cooked and tender, depending on the size of the bird.

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