

Roast Chicken with Yoghurt Sauce



Serves 4 Prep 15 mins + 4h marinade Cooking 45 mins Easy

Ingredients

1-1½ kg chicken
sea salt
freshly ground black pepper
1 onion, finely sliced
2 lemons
1 tbsp chopped oregano
5 tbsp olive oil

Yoghurt sauce

¼ tsp sea salt
235 ml yoghurt

Tomato salad to serve

small vine tomatoes, quartered
salt
red wine vinegar
olive oil
chopped parsley

1. Remove the back bone of the chicken: place the chicken, breast-side-down, on a cutting board or plate; using a sharp pair of kitchen scissors, cut through the meat and bones on either side of the back bone. Cut off the wing tips. Make a small incision at the joint where the drumstick meets the thigh. Flatten out the chicken with your hands. Season on both sides with salt and pepper.
2. Spread the onion on the bottom of a baking dish and place the chicken skin-side-up on the bed of onions. Cut one of the lemons into fine slices and arrange over the chicken. Sprinkle with oregano and 2 tbsp of the olive oil. Cover and leave for 4 hours.
3. Preheat the oven to 250C/ Fan 230C/ Gas 8. Remove the chicken from the marinade, transfer to a baking tray and place under a very hot grill for 10 minutes or until the chicken is golden brown. Turn the chicken over, drizzle with another tbsp of olive oil and cook on the other side until golden brown.
4. Return the chicken to a baking dish with the onions, skin-side-up, and drizzle with 2 tbsp olive oil. Bake for 15 minutes. Squeeze the juice of the remaining lemon over the chicken and cook for a further 10 minutes, or until the chicken is cooked.
5. Serve with the tomato salad and the yoghurt sauce.