Spatchcock Chicken with Honey, Orange & Soy

Serves 4   Prep 30 mins   Cook 1h 10 mins   Easy

Ingredients

Chicken approx 1.65-1.8kg
2 large oranges
3 tbsp clear honey
2 tbsp sun-dried tomato paste
2 tbsp light soy sauce

The chicken may be prepared up to the pouring of the orange juice mixture over it and be kept, covered, in the fridge until ready to cook. Allow a little extra cooking time in that case.

1. Preheat the oven to 220C/Fan 200C/ Gas 7.Place the chicken, breast side down, on a chopping board and then, using poultry shears or a large sharp knife, remove the backbone, by cutting down each side. (The safest way to do this with a knife is to place a clean, folded tea towel over the knife, and then, holding the knife firmly, tap the back of the knife with a heavy kitchen weight)
2. Place the chicken breast-side up on the board and open it out flat. Make a small cut in the skin between the tip of the breastbone and each leg. Then insert the top of each breastbone into the slits to keep the legs and thighs firmly in place. Lay the chicken in a roasting tin, skin-side up, and season.
3. Cut the oranges into quarters and squeeze out the juice from 4 of them. Put the orange juice, honey, sun-dried tomato paste and soy sauce into a bowl, whisk well together and pour over the chicken. Place the remaining orange quarters into the roasting tin.
4. Roast the chicken for 30-40 mins, then reduce the heat to 180C/fan 160C/Gas 4 and, if necessary, cover with foil to stop the chicken from over browning. Continue to cook for another 30-45 mins, or until the chicken is cooked, basting frequently. When cooked, remove the chicken from the roasting tin onto a serving plate and keep warm.
5. Using a tablespoon, skim off all of the fat from the roasting juices. Reheat the liquid, then strain through a sieve into a jug. The gravy can be thickened with a tbsp of corn flour mixed with a little water to make a paste and added to the liquid while stirring. Stir until thickened. Serve with the chicken and a salad and baguette.