



Spatchcock Chicken With Potatoes, Lemon And Garlic Yoghurt

serves 4-6

This is an all in one dish meal, including sauce and vegetable. Hints of both sides of the Mediterranean and it's effortless to do.

Ingredients

- 1.5kg (3lb) free range chicken*
- salt and pepper*
- 4 red onions*
- 2 lemons*
- 1 tbs chopped thyme*
- olive oil*

sauce

- 2 garlic cloves*
- ¼ tsp salt*
- 225ml (8 fl oz) natural yoghurt*

Method

Finely slice the onions and scatter over the base of the roasting dish. Pour over a little olive oil.

Cut the chicken down the back bone on either side and pull it away. Push the chicken out flat to spread it open and place over the onions. Season generously with pepper and salt. Slice one lemon and scatter over along with some oregano. Drizzle over a little more olive oil.

Roast at 230C (450 F, gas 8) or at the top of an AGA ROASTING oven for 45 minutes until crisp and cooked through. In the last 15 minutes squeeze the remaining lemon and pour over the chicken.

To make the sauce crush the garlic and add to the yoghurt along with the salt.

To serve serve the onions with the chicken, cut in portions. Pour over any of the pan juices. Accompany with the yoghurt, the tomato salad or wilted spinach.