

Spatchcock Chicken Roast with Herb Potatoes

Ingredients

- kilograms Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw
- large Onions, raw
- piece scotch bonnet
- sprig Thyme, fresh
- tbsp Garlic, raw
- Lemons, raw, without peel
- tbsp Spices, coriander seed
- 1/2 1/2 cup Butter, without salt
- tbsp Oil, olive, salad or cooking
- g MAGGI Chicken Tablet 24(60x10g) CI-SP
- g MAGGI Mixpy Ginger + Gar 65(10x6g) NI NG
- tbsp Corn flour, whole-grain, white
- slices Potatoes, raw, skin
- sprigs Parsley, fresh
- bunch Onions, spring or scallions (includes tops and bulb), raw
- tbsp Spices, dill weed, dried
- tbsp Onions, dehydrated flakes

Instruction

1. Spatchcock your chicken by taking out the backbone and lay it on a greased castiron skillet or a stainless steel frying pan
2. Add onions, MAGGI, garlic, lemon, rind, pepper, thyme, coriander powder to the chicken and rub it all over the chicken and roast.

Nutrition

50 Minutes

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|----------------|-------------|
| Carbohydrates | 7,91 g |
| Energy | 654,09 kcal |
| Total fat | 33,84 g |
| Fiber | 1,87 g |
| Protein | 76,63 g |
| Saturated Fats | 12,8 g |
| Sodium | 432,78 mg |
| Sugars | 432,78 mg |