



Dinner
DONE
WITH MANU

FRENCH-STYLE ROASTED BUTTERFLIED CHICKEN

This delicious butterflied chicken with roast vegies and a side of green beans, is easy to make and will be sure to satisfy everyone at the dinner table.

SERVES 4

PREP: 25 MINS

COOK: 50 MINS

WHAT YOU NEED INGREDIENTS

- 1.9kg Ingham's whole chicken
- 750g potatoes, thickly sliced
- 4 shallots, peeled
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 3 parsnips, peeled, halved lengthways
- 1 bunch carrots, trimmed, peeled
- 50g butter, chopped
- 250g green beans, trimmed
- ¼ cup slivered almonds, toasted
- Lemon wedges, to serve

Marinade

- 2 tablespoons olive oil
- 30g butter, melted
- 1 tablespoon finely chopped fresh tarragon
- 3 cloves garlic, crushed
- 2 tablespoons Dijon mustard
- 1 tablespoon lemon juice

INGHAM'S
Always Good



FRENCH-STYLE ROASTED BUTTERFLIED CHICKEN

HOW TO COOK IN A FEW SIMPLE STEPS

1. Preheat oven to 200C (fan-forced). Lightly grease a large roasting pan. Grease and line an oven tray.
2. Butterfly the whole chicken, by removing the backbone and flattening. Watch Manu's Tips and Tricks video on [How to Butterfly a chicken](#).
3. Arrange potatoes and shallots in a single layer in prepared roasting pan. Drizzle with half the oil and season with salt and pepper. Top with chicken.
4. Place parsnips and carrots on prepared tray. Drizzle with remaining oil and season with salt and pepper.
5. To make marinade, combine all ingredients in a bowl. Season with salt and pepper and mix well. Brush half over the chicken.
6. Roast chicken on upper shelf of oven for 30 minutes. Brush with remaining marinade. Roast for a further 20 minutes, or until chicken is cooked through (insert a small sharp knife into the thickest part of the thigh, juices will run clear if cooked.).
7. Meanwhile, roast vegetables on lower shelf of oven for 40 minutes, or until tender.
8. Just before serving, melt butter in a medium frying pan over medium-high heat until frothy. Cook the beans, tossing occasionally, for 2 to 3 minutes, until tender. Stir in almonds. Remove from heat.
9. Serve chicken and vegetables with buttered beans and lemon wedges.

SWITCH IT UP..

- If tarragon is unavailable, you can replace it with fresh thyme or rosemary.
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