

spatchcocked roast chicken

serves 4

ingredients

- 1 whole 4-5 lb chicken
- salt and pepper
- 2 tsp paprika
- 2 tbsp olive oil
- 1 lemon, quartered
- 1 red onion, quartered
- 5 cloves garlic, unpeeled



instructions

around two hours before cooking, prepare the chicken. place the chicken on a clean cutting board, breast side down, and, using shears, cut along either side of the backbone, removing it. flip the chicken over, and press down until the breast is flat. generously season all over (including the back) with salt and pepper, and sprinkle paprika over the breast. let sit at room temperature for one hour, uncovered.

heat the oven to 425°. in a large cast iron skillet, heat the olive oil over medium-high heat until shimmering. place the chicken in the skillet skin side down, and press down to ensure the skin browns. let sear for around 4 minutes, or until the skin is golden brown. flip the chicken and arrange the lemon, garlic, and onion around the pan. place the chicken in the oven for 20 minutes or more, until the breast registers 155°. remove chicken from the oven and let rest for 10 minutes. cut the breasts in half and the legs from the thighs, and serve.