

CHEERS

tops!
at home



SPATCHCOCK CHICKEN

SERVES 4

This is simply a quicker way of roasting a chicken. I love using the air-fryer to cook chicken this way because it creates the loveliest crispy outside and succulent inside.

INGREDIENTS

1 whole chicken (choose a size that fits in your air-fryer)
1 tablespoon butter, melted
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
kitchen shears

METHOD

The way most chickens are presented is breastbone up.

Turn the chicken over and, using kitchen shears, cut either side of the backbone in order to remove it completely. Turn the chicken over and press down on to a cutting board to flatten.

Brush on the melted butter and sprinkle over the seasoning.

Preheat the air-fryer 180°C. Place the chicken in the preheated air-fryer and cook for 30 minutes, then turn over and cook for a further 10–15 minutes.

Check the internal temperature of the thickest part has reached 74°C on a food thermometer; if not, cook for a few more minutes. Serve.