

Mexican roast chicken

This roast chicken makes a delicious and easy dinner. The size of your chicken will dictate the number of people the dish will feed. Add black beans to stretch the dish a little further.

INGREDIENTS

Serves 4 - 8

1 onion, sliced	2 large cobs corn, cut in half, lengthways then into pieces
1 red capsicum, sliced	400g can black beans
1 punnet grape tomatoes, halved	
1 ripe tomato, sliced	
1 bunch spinach or leafy greens	To serve
handful kalamata olives	tzatziki
1 small organic chicken (1.5kg)	guacamole
2 tablespoons olive oil	salad or spinach leaves
1 tablespoon ground cumin	rice, quinoa or flat breads
1 tablespoon ground smoked paprika	
salt & pepper	

METHOD

1. Preheat the oven to 200C.
2. Scatter onions over the base of a large shallow baking tray.
3. Top with capsicum, tomatoes, olives, spinach and black beans.
4. Drizzle with a little oil, salt and pepper and mix gently.
5. Butterfly your chicken.
 - To butterfly your chicken, dry it well and place it breast side down on a chopping board
 - Push down on it with force to crack the backbone.
 - Cut, just to one side of the backbone, from tail to neck (with kitchen scissors or a sharp knife)
 - Open the chicken out and flatten it.
 - Dry again with paper towel.
6. Rub your chicken, lightly all over, with oil. Season underside of the chicken with salt and pepper and then turn it over.
7. Combine spices and salt and rub into the chicken skin.
8. Place the chicken on top of the vegetables, skin side up.
9. Place the corn around the chicken and place the tray in the oven.
10. Cook for 40 minutes. The pan should not be too dry, if it is, cover it with another pan or foil.
11. Reduce heat to 180C. Turn the tray around and cook for a further 20 minutes, depending on the size of your chicken.
12. Check to see if the chicken is cooked by piercing the flesh near the thigh bone. If the juices run clear, it is cooked. Rest for 10 minutes before breaking up the chicken and serving it with accompaniments.

Alternatively, you can take the chicken meat off the bones and serve it in a bowl (be sure to cut the skin into strips) mixed or not with the vegetables. The vegetables are very juicy and full of flavour. Mix some of this juice in with the chicken if you are serving them separately.

I like to cut the chicken and place it onto a serving dish. Spoon the veggies into another bowl and serve with accompaniments above. My family likes to roll all the delicious ingredients together in a wrap. If your family is not big on vegetables and you want them to eat more, serving the chicken and veg with rice or quinoa is probably a better idea.