



BUTTERFLIED ROAST CHICKEN WITH LEMON AND ROSEMARY

Appliance: **Combi Microwave**

Servings: **4-6**

A whole roast chicken in 20 minutes that is golden brown and juicy is a marvel, the only preparation required is to remove the backbone of the chicken and to crack the breastbone so it lays flat on the tray. If you have time to prepare the chicken and season it in advance of cooking the flavor will be exceptional.

Ingredients

1 3 ½ - 4 lb (2 kg) whole chicken
1 tbsp garlic herb seasoning blend
2 tsp Kosher salt
3 sprigs fresh rosemary
1 lemon, cut into thick slices
Avocado spray oil

Notes

To create a “cookbook” of frequently cooked recipes, select the Personal Recipes option before cooking to record the cooking sequence. At the end of the cooking you will have the option to reduce or add the cooking time and to name the recipe.

Instructions

The easiest way to remove the backbone is to cut along each side of the bone with poultry shears. Once the back bone has been removed, flip the chicken over and press down on the breastbone until you hear the wishbone crack.

Place the chicken on the glass oven tray or a metal rimmed baking sheet and rub in the dry seasoning. If refrigerating overnight, cover the chicken loosely with a sheet of wax paper and bring the chicken to room temperature before cooking. Before cooking, place the rosemary and lemon under the chicken and spritz the chicken with a film of avocado spray oil.

To heat the oven, select the Convection mode with the left knob and change the temperature to 375°F with the right control knob and touch Play. When the oven comes to temperature, place the tray with the chicken in the oven on rack position 2, counting up from the bottom.

Touch the + Microwave symbol on the right of the display and turn the left control knob counterclockwise to 360W. Set the timer to 20 minutes with the right control knob and touch Play. The chicken does not have to be covered when cooking in the combination mode.

If additional browning is required, change the oven mode to Convection Broil and set the temperature to 425°F (220°F). Place the chicken on rack position 3 and cook for an additional 5 - 6 minutes.

Allow the chicken to rest for at least 10 minutes before carving.