

SQUISHED CHICKEN

Time: 50 minutes

Serves: 6

Ingredients:

¼ cup extra-virgin olive oil
1 lemon – zested and juiced
3 cloves garlic - very finely chopped or crushed
2 tablespoons paprika
2 teaspoons kosher salt
1 teaspoon dried oregano
1 teaspoon dried thyme
1 teaspoon fresh ground black pepper
1 chicken – 3 to 4 pounds – spatchcocked

Preparation:

Preheat your barbecue grill on medium-low along with a few bricks wrapped in two layers of foil.

In a suitable bowl, mix all ingredients except the chicken.

Baste both sides of the chicken with the olive oil mixture.

Place the chicken, breast side down, on the grill and place the bricks on top.

Cook for twenty minutes with the lid closed, being alert for flare-ups and dousing if required.

Remove the brick, turn over the chicken, place the bricks on top and continue to cook with the lid closed for twenty more minutes or until the internal temperature of the breast reaches 155F.

Remove the chicken from the grill and tent with foil. Let it rest for five minutes before serving.

Nutritional Information Per Serving:

Calories: 252

Fat: 15g

Carbs: 0g

Fibre: 0g

Protein: 29g