

Roast Chicken – Healthy Version

Ever wondered how to get crispy skin on your roast chicken at home?

Oven: 230C (450F), then 190C (375F)

Ingredients:

Whole Chicken

Oil (I use Rice Bran but Olive works great too)

Steak Rub (or your favourite seasoning, SPG is also great on this)

Method:

1. Note down the weight of your chicken (I snap a photo of the label on my phone) and preheat oven.
2. Rinse the chicken (I like to rinse my cuts of meat before cooking. I think it makes it taste better, but it's up to you). Pat the chicken dry with a paper towel.
3. Rub oil all over the chicken, massaging well.
4. Sprinkle Steak Rub (or whatever seasoning you are using) all over the chicken.
5. Place the chicken on a wire rack in a roasting pan (I just put it in a pan).
6. Bake/roast at 230C (450°F) for 15min. Do **NOT** open the oven during this time.
7. Reduce the oven temp to 190C (375F) and cook for a further 44min per kg (or 20min per pound).

Notes:

- You want your skin as dry as possible before putting on the oil. Dry skin makes for crispy skin after cooking
- Make sure to tuck your wings under so they don't burn.