

GARLIC AND THYME BBQ CHICKEN

Recreate your ordinary BBQ Chicken to a taste sensation with this classic & tasty combination.

NORMAL	10 MINS	35 MINS	4

Ingredients

- ½ cup olive oil
- 3 cloves garlic, crushed
- 2 tbsp fresh thyme leaves
- 1.5kg whole chicken

Instructions

1. Place the chicken, breast-side down, on a board so the back is facing up and the drumsticks are pointing towards you.
2. Using sharp kitchen scissors or chicken shears, cut closely along each side of the backbone. Remove and discard the backbone.
3. Turn the chicken, breast-side up, and press down firmly on the breastbone to flatten the chicken.
4. Make a small cut under each wing, to help flatten the chicken more.
5. In a large baking dish, whisk together the oil, garlic and thyme.
6. Add the chicken and turn to coat.
7. Cover and marinate in the refrigerator for at least 2 hours, turning occasionally.
8. Preheat the BBQ to medium.
9. Remove the chicken from the marinade and season both sides with sea salt and pepper.
10. Place the chicken on the grill, skin side down and slowly grill until the fat renders and the skin becomes golden brown and crisp, about 15 minutes.
11. Turn the chicken, continue grilling until just cooked through, 15 to 20 minutes.
12. Remove from the grill, loosely tent with foil and rest 10 minutes before cutting.
13. Serve sprinkled with tendrils of thyme and a pinch of salt and pepper.

Tip: Butterflying a chicken allows it to cook more quickly and evenly.