

SMOKEY BBQ BUTTERFLIED CHICKEN

DAIRY
FREE

GLUTEN
FREE



Serves
4-6



Prep Time 15 minutes (PLUS 1-2 hours
marinating or overnight)



Cook
Time 1 hour

 A Little
More Effort



INGREDIENTS

- 1.5 Lg fresh or frozen and thawed whole chicken
- ½ cup **Wattie's Smoked Hickory Flavoured BBQ Sauce**
- ¼ cup orange juice

METHOD

1. To butterfly the chicken, using kitchen shears or a sharp knife and cut the chicken down each side of the

- 2 Tbsp soft brown sugar
- 1 Tbsp wholegrain mustard

backbone. Remove the backbone. Turn chicken breast side up. Press firmly on the breastbone to flatten. Place in a tray.

2. To make the marinade: Mix together **Wattie's Smoked Hickory Flavoured BBQ Sauce**, orange juice, brown sugar and wholegrain mustard. Pour over the chicken. Turn chicken to ensure both sides are covered in the marinade. Cover and refrigerate. Marinate for 1–2 hours, or can be done the day before if wished.
3. Preheat a lidded barbecue to 200°C.
4. Remove the chicken from the marinade and set the marinade aside. Place the chicken breast side up on a wire rack in a tray or on a lined hotplate. Close the lid. Reduce the temperature to medium–low.
5. Use the remaining marinade to glaze the chicken every 20 minutes. A 1.5 Kg chicken will take 1–1¼ hours. Cooking time will vary according to the size of the chicken.
6. To test if the chicken is cooked, insert a skewer into the thickest part of the meat. When the juices run clear the chicken is cooked. Allow to stand for 15 minutes before carving.

TIPS

- If preferred, the chicken can be cooked in the oven at 180°C (fan assisted) for 1 hour or until the chicken is cooked.