



## Spatch-cock Chicken

*Masala Buttered Cabbage, Tomato Chilli Sauce*

This is a really simple but totally tasty way to tickle your roast chicken. A little north Indian spiced sauce, spatch-cocked chicken, off-set by wonderfully clean tasting winter, buttered cabbage. The perfect quick comfort supper as you return in home from a cold winter's day! Game birds or poussin are also excellent for this, but as chickens are a little easier to come by I thought it best to try with one of those first!

Serves 4

### Ingredients

1 local chicken, free or organic if possible  
1 jar Green Saffron's 'Hot' Curry Sauce  
1 green cabbage, Savoy is best for this  
(*big saucepan of well salted, boiling water*)  
50g Irish butter  
2 tsp Green Saffron Garam Masala  
2 tsp black mustard seeds (*optional*)  
2 tblsp water

### Method:

1. Turn you oven to Gas Mk 5, 190°C
2. Next, cut the back bone out of your chicken, using a pair of poultry shears or a sharp knife. I find it easier using the shears, but it's up to you!
3. Place the bird in a roasting tray, breast side up, using the palm of your hand, gently press down so you hear a 'cracking' sound and the bird lies flat in the tray.
4. Using a sharp knife, score each breast and each leg three times, to allow the marinade to soak in
5. Open the Green Saffron sauce, <sup>1</sup>pour the contents over chicken, cover with tin foil or wetted grease-proof paper and set aside for 30mins
6. Loosely cover the chicken with foil place on a middle shelf in your oven and roast for 45minutes
7. Then, remove the foil, turn your oven to Gas Mk 7, 220°C and roast for a further 25minutes.
8. Check the chicken's cooked, remove from the oven, set aside and allow to rest.
9. Next, pop the large saucepan or pot of salted water onto a high flame and bring to a good rolling boil.
10. Remove the outer leaves from the cabbage<sup>2</sup>, cut the cabbage into 8 wedges, slicing carefully through 'poles' of the vegetable so the wedges hold their shape
11. Pop the wedges into the boiling water and when the water comes back to the boil, cook the cabbage pieces for 3 minutes, no more than this!
12. Immediately take the wedges out and plunge them into a bowl of cold (iced) water.
13. Next, grab a large, heavy bottomed fry pan, place on a medium heat, add the butter and allow to melt
14. Meanwhile, dry the cooled wedges with a clean tea-towel.
15. Add the 2 tblsp of water to the pan, followed by the spices, swirl around, then add the cabbage wedges (*you may need to do this in two batches depending on the size of your pan*) and fry both sides so each side gets a little nutty brown colour, then remove from the heat
16. Cut the chicken in half, place on a serving platter with the cabbage wedges piled high, spoon over the excess sauce from the roasting tray and serve immediately to your eager supper guests!

### TIPS:

- <sup>1</sup> To make sure you don't waste any sauce, pour a little water into the emptied sauce jar, swirl it around, then tip this over the bird too.
- <sup>2</sup> Use the discarded outer leaves of the cabbage for compost or shred them and add to the fry pan.
- <sup>3</sup> Any leftovers can be made into a frittata. Turn your oven to Gas Mk 4, 180°C. Then, simply fry the leftovers in a pan, beat 2 eggs person in a bowl, add to the pan, season with Garam Masala and sea salt gently fry for a 2 minutes then place in the oven until it's cooked, maybe 8 to 10minutes.

Become our Facebook friend: "Green Saffron Masaalchi", follow us on Twitter: "@greensaffron".

For handy hints and compliments contact us on:

T: +353 (0)21 463 7960, M: +353 (0)86 833 1030, E: [eatwell@greensaffron.com](mailto:eatwell@greensaffron.com), W: [www.greensaffron.com](http://www.greensaffron.com).

Unit 16 Nordic Enterprise, Knockgriffin, Midleton, Co Cork, Ireland