



# CS Spatchcock Roasted Chicken with Carrots and Parsnips

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Categories: Main Dish - Chicken, Vegetables

Servings: 4

Preparation Time: 24 hours

Start to Finish Time: 25 hours 30 minutes

## Ingredients

5 lbs whole Chicken, backbone removed - Spatchcocked

## Ingredients - Pumpkin Seed Sauce

1 c Pumpkin Seeds, toasted, optional  
 1/2 c fresh Sage Leaves  
 1 1/2 c Italian Parsley Leaves

1 1/2 c Olive Oil  
 1 lg Lemon, zested, juiced

## Ingredients - Spatchcock Roasted Chicken

1/2 lb Heirloom Carrots, cut in half lengthwise  
 1 1/2 lbs Parsnips, peeled, cut in half lengthwise  
 1 lg Onion, peeled, quartered  
 2 T Olive Oil, divided  
 1 bunch fresh Thyme  
 Celtic fine Sea Salt and freshly ground  
 Tellicherry Black Pepper, to taste

Notes: Tip: To easily remove the chicken backbone, use kitchen scissors to cut along both sides and remove or ask your butcher to remove the backbone for you before purchasing.

Description: A wonderful way to prepare chicken and root vegetables.

Serving Ideas: Place the vegetables on a platter and top with the chicken pieces. Spoon the pumpkin seed sauce on top and around the chicken and vegetables.

## Directions -

1) Season the chicken inside and out with salt. Place in the refrigerator uncovered overnight.

## Directions - For the Pumpkin Seed Sauce:

1) In the bowl of a food processor, add the pumpkin seeds, if using, sage leaves, parsley leaves, olive oil, lemon zest and juice, and pulse until slightly coarse. Season with salt and pepper. Set aside.

## Directions - For the Spatchcock Roasted Chicken:

1) Preheat oven to 400°F. Line a baking sheet with parchment paper.  
 2) Remove the chicken from the refrigerator 30 minutes before roasting. Drizzle with olive oil. Season with salt and pepper.  
 3) Place the carrots, parsnips, and onions on the baking sheet. Drizzle with olive oil. Season with salt and pepper. Add the thyme sprigs on top. Place the chicken, skin side up, on top of the vegetables. Place in the oven and roast until the chicken is golden brown and the vegetables are tender, about 1 hour. Remove from the oven to rest for 10-15 minutes prior to cutting into 4 pieces. Discard the thyme.