SOUTH AFRICAN · DINNER

Grilled Peri-Peri Spatchcock Chicken

85 min · Serves 4 · 1,030 kcal a serve · Video 13:38 · Chef Billy Parisi

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Skin-on chicken in a chilli, garlic, lemon and olive-oil sauce: about 60 g protein and under 7 g net carbs a serve, and rich in selenium, vitamin E and vitamin B6.

Diet notes: Keto (7 g net carbs a serve).

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Ingredients 11 · SERVES 4

- [ ] 1 whole **roasting chicken** (3½–4 lb), backbone removed
- [ ] 1 **lemon**, juiced (2–3 tbsp), for the chicken
- [ ] 2–3 tbsp **coarse salt**, for the chicken and sauce
- [ ] 6–8 **Fresno peppers**, ends, pith and seeds removed
- [ ] 10 **garlic** cloves
- [ ] 1 small **shallot**, peeled
- [ ] 2 **lemons**, juiced (about 5 tbsp), for the sauce
- [ ] 2 tsp **paprika**
- [ ] 1 cup **olive oil**
- [ ] 1/2 cup **water**, for the basting sauce
- [ ] 3–4 **lemons**, halved and grilled, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the backbone out of the chicken with shears, flip it and press on the breastbone to flatten it. Pat dry, rub with the lemon juice (also under the skin), season well with coarse salt and leave 25–30 minutes. 0:48
2. For the peri-peri sauce, blend the Fresno peppers, garlic, shallot, lemon juice and paprika, then drizzle in the olive oil with the motor running until thick and emulsified. Season with salt and split into two portions. 2:37
3. Rub one portion all over the chicken and under the skin, cover and refrigerate 4 to 48 hours. 5:24
4. Simmer the second portion with the water over low-medium heat for 20–30 minutes to mellow it for basting. Let the chicken sit at room temperature for 30 minutes. 7:06
5. Grill skin side down over high heat, pouring on any leftover marinade, then drop to medium (400–425 °F). Cook 5–6 minutes, turn 90° for another 5–6, then flip. 8:16
6. Keep grilling 35–40 minutes in total, basting with the cooked sauce every 10 minutes, until the thickest part reaches 161–162 °F. Rest 5–7 minutes. 9:10
7. Grill the halved lemons cut side down for 1–2 minutes and serve them with the chicken, basted once more with the rest of the sauce. 11:29

> **Tip** Plus 4–48 hours marinating. As written each serve is large (about 1,000 kcal). No grill: roast skin side up at 400 °F for 45–50 minutes. He uses plenty of salt, so season to taste.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
1,030 kcal	60 g	8.4 g	1.5 g	84 g	2,120 mg
4,310 kJ	121% of a day	7 g net · 2.6 g sugars	5% of a day	16 g saturated	92% of a day
		3% of a day		107% of a day	

Energy from net carbs 3% · protein 23% · fat 74% — fits keto: 7 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Selenium 97% · Vitamin B6 65% · Vitamin E 64% · Vitamin C 48% · Omega-3 41% · Zinc 40% · Vitamin K 36% · Vitamin B12 27% · Iron 20%

Source of (10–19%) Vitamin A 15% · Potassium 14% · Magnesium 14%

⚠ One serve has about 92% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Chef Billy Parisi (@ChefBillyParisi) on YouTube — youtube.com/watch?v=oJv7796Glxk, published 17 May 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/grilled-peri-peri-spatchcock-chicken