



---

## SPICE RUBBED ROASTED FLATTENED CHICKEN

---

Prep time: 15 min.    Cook time: approx. 1hr    Total time: approx. 1hr 15 min.

Roasting a flattened chicken cuts down on time in the oven so it's perfect for roasting a whole chicken for a quick family meal during those busy work weeks. Roasting the chicken on top of a mixture of vegetables gives the vegetables extra flavor as well. Just add some potatoes to the mix and it's all in one pan! It just doesn't get better than that!! It even goes great with my [Potato & Sweet Potato Mash](#).

1 3lb. chicken  
½ Tbsp. paprika  
½ Tsp. garlic salt  
Pinch of cayenne  
1 Tbsp. brown sugar

Preheat oven to 400°F. Remove any string that may be around the chicken and then lay the chicken breast side down on a cutting board with the hollow cavity facing you. Using kitchen shears or sharp scissors, cut down each side of the backbone to remove it being careful of any little sharp bones. Once the backbone has been removed, flip the chicken over and spread out the legs. Using the heel of your hand, press down firmly on the breast bone and you should hear it snap. Rinse the chicken off then pat dry with paper towel. In a small bowl, add remaining ingredients and then rub all over the chicken. Place chicken in a roasting pan and add vegetables if desired then roast in the oven for approximately 1-1 ½ hours or until the juices run clear. Remove from the oven and let rest for 5-10 minutes before cutting.

Author: Sharon  
[Irish Ivy Kitchen](#)

For any questions or comments please email me at [sharon@irishivykitchen.com](mailto:sharon@irishivykitchen.com)