

HONEY-SOY GLAZED Roast Chicken

*This is an amazing recipe, full stop.
It's well seasoned, slightly sweet and perfectly acidic.
The chicken is tender and ready to be served with
your favourite salad or vegetable side.*

SERVES 4

1 large lemon, cut into 1-cm-thick slices
6 cloves garlic, lightly crushed
1.5 kg whole chicken, butterflied
6 fresh sage leaves
1 tsp salt
2 tsp cornflour
2 tsp water

HONEY-SOY GLAZE

2 Tbsp olive oil
2 Tbsp butter
6 fresh sage leaves
⅓ cup honey
3 Tbsp soy sauce
½ tsp white pepper
3 Tbsp lemon juice
pinch of salt

1. Preheat the oven to 225 °C.
2. Place the lemon slices on the base of a baking tray and top with the garlic cloves.
3. Loosen the chicken skin and gently insert the sage leaves under the skin, evenly dispersed. Season the chicken with the salt, ½ tsp per side.
4. To make the glaze, bring the olive oil, butter and sage leaves to a simmer in a saucepan. Lightly toast the sage, then add the honey, soy sauce, white pepper, lemon juice and a pinch of salt. Simmer to thicken and reduce by a third.
5. Coat both sides of the chicken with glaze and place in the baking tray, on top of the lemon and garlic. Bake, uncovered, in the centre of the oven for 20 minutes.
6. Reduce the temperature to 165 °C and coat the chicken with more glaze. Bake for a further 40 minutes.
7. When done, transfer the chicken to a carving board to rest.
8. Pour the juices from the baking tray into the saucepan with the remaining glaze. Mix the cornflour and water together and add to the sauce. Simmer over medium heat until thickened.
9. Serve the chicken with the honey-soy sauce on the side.

