

# Spatchcocked Roasted Chicken with Preserved Lime

Recipe By *Danielle Renov*



Cooking and Prep:  1  
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Serves:  8

No Allergens

Preference: Meat

Difficulty: Medium

Occasion: Shabbat, Yom

Kippur

Diet: Gluten Free, Paleo, Low

Carb, No Refined Sugar

If you, like us, would like to lessen how much sugar you use for cooking, this recipe is for you. Using a few simple ingredients and upgraded preparation methods, this is a roast chicken with unique zest to impress.

## Ingredients (7)

### Main ingredients

- 2 whole chickens, backbone removed
- 4 tablespoons preserved limes – [watch Danielle preserve limes in this video](#) (plays on Youtube )
- 4 cloves garlic, minced or 4 cubes [Gefen Frozen Garlic](#)
- freshly cracked black pepper
- 2 teaspoons paprika

2 tablespoons Gefen Olive Oil

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### Sommelier Suggests

Or Haganuz Amuka Blanc Blend

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## Start Cooking

### Prepare and Bake the Chicken

1. Preheat oven to 190 degrees Celsius (375 degrees Fahrenheit).
2. Prepare a baking sheet with nonstick cooking spray. Lay the chickens down flat on the sheet pan.
3. Place two hands on the top of the chicken over the breast bone. Apply pressure until you feel the breast bone crack, allowing you to lay the chicken completely flat.
4. Use your fingers to gently separate the skin from the flesh.
5. Rub preserved limes and garlic directly onto the flesh. Sprinkle in some black pepper, and then replace the skin so that as little flesh as possible is exposed.
6. Drizzle olive oil over the top of both chickens. Sprinkle paprika and a little more black pepper over the top.
7. Place in the oven and cook for about 45 minutes to an hour until the chicken is golden brown and the skin is crispy!