

# Easy Roasted Spatchcock Chicken & Veggies

Spatchcock chicken cooks a lot faster than a whole chicken, making it a perfect choice for an extra special week night meal!

## ***Ingredients:***

- ***4 lb Six S Dairy Chicken***
- ***3 tbsp olive oil (divided)***
- ***1 tbsp smoked paprika***
- ***1 tsp Redmonds real salt***
- ***1/2 tsp freshly ground black pepper***
- ***1 tbsp fresh thyme or 2 tsp dried thyme***
- ***1 lb baby potatoes, halved if larger***
- ***3 medium carrots, chopped into 1/2 " chunks***
- ***12 oz brussel sprouts cut in half***

## ***Steps:***

1. Spatchcock chicken
2. Combine 2 tbsp of olive oil with paprika, salt & pepper. Rub all over the chicken and underneath the skin onto the breast meat. If you're able, let it come to room temp for 30 minutes before cooking.
3. Preheat the oven to 400 degrees.
4. Toss the potatoes, carrots, and brussel sprouts with the remaining 1 tbsp olive oil, thyme, and additional salt & pepper to taste.
5. Place the chicken on a heavy-rimmed baking sheet (I love stoneware) or in a cast-iron skillet. Place the potatoes and veggies around the chicken.
6. Roast the chicken for 45 minutes to one hour or until a thermometer inserted into the thickest part of the thigh registers at 165 degrees.
7. Remove from the oven and cover loosely with foil and allow to rest for 10-15 minutes before carving.

## Notes:

- A 3-4 lb chicken works perfectly. Cooking time will vary depending on chicken size and your oven. check the temp after 45 minutes and baste the veggies with the juices if needed.
- If the chicken browns too quickly, cover with foil for the remainder of cooking time.
- Use your favorite potatoes & veggies
- Change up the seasonings and herbs to suit your taste!
- Enjoy!