

Slow Cooker Roast Chicken

✕ The least messy roast chicken ever ✕

Ingredients:

- 2kg whole roast chicken
- cooking spray
- 1 tablespoon of Olive Oil
- 1 tablespoon brown sugar
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon smoked paprika
- 1 teaspoon sweet paprika
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- Aluminium foil

Optional: 1 tsp dried thyme

Method:

In a small bowl, mix together the brown sugar, salt, pepper, garlic powder, onion powder, smoked paprika and oil. Rub all over the chicken.

Coat a large slow cooker with cooking spray. Roll a piece aluminium foil into a ring shape to fit into the slow cooker as a rack.

Cover and cook on HIGH for 3-4 hours or until thermometer inserted into the thickest part of the thigh registers at 165 degrees or higher.

Transfer the chicken to a sheet pan or baking dish and broil in the oven for 4-5 minutes or until chicken skin is brown and crispy. Serve.

NOTE: butterflying the chicken prior to cooking makes it easier to grill the whole chicken evenly

Previous recipes: Shakshuka, Puttanesca, Asian Styled Omelette, Hot Wings, Almond Cake, Thai Spiced Chicken Meat Balls, Pork Marinade, Mushroom Steak Sauce, Hamburgers, Brownies, Tomato Meatball Casserole, Vanilla Slice, Blondies, Chinese Beef Ribs, Tuna Mornay, Fudge Top Pudding, Chicken and Mushroom Pasta, Quiche, Spring Rolls, Satay Chicken, Pancakes, Mousse Cake, Pulled Chicken wraps, Potato and Beans, Middle Eastern Lamb Shanks, Moroccan Drumsticks. If you've missed any, let me know and I can get you a new copy.

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