

Milking  
Yard  
Farm

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ROAST CHICKEN  
WITH BROAD BEAN SALAD

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by Andrew McConnell

delicious.  
PRODUCE AWARDS

2016

## ROAST CHICKEN WITH BROAD BEAN SALAD by Andrew McConnell

*Because of the structure of the meat, these birds cook differently to other chickens, but are well worth the extra time they take to cook. I have found that once the chicken has rested the breast will be cooked but the legs may need a little longer. Begin this recipe 1 day ahead.*

### INGREDIENTS

**2.5kg Milking Yard Farm**

**Sommerlad Chicken**

**50g unsalted butter, softened**

**2 tsp salt flakes**

### BROAD BEAN SALAD

**1kg broad beans, podded**

**1/2 baguette, thinly sliced on an angle**

**1/3 cup (80ml) olive oil**

**3 heirloom tomatoes, sliced**

**1 cup snowpea tendrils**

**1/2 cup basil leaves**

**Juice of 1 lemon**

1. Rinse the chicken and pat dry with paper towel. Place on a paper towel-lined plate and chill uncovered overnight to dry out.
2. The next day, remove chicken from the fridge and set aside for 1-1½ hours to bring to room temperature. Preheat oven to 220°C. Line a roasting pan with baking paper. Rub butter and salt all over chicken, then place chicken, breast-side up, in pan. Roast in the centre of oven for 1-1½ hours until just cooked through. Remove from oven. Turn chicken over and rest, loosely covered with foil, for 20-30 minutes.
3. Meanwhile, for the salad, blanch beans in a saucepan of boiling salted water for 1½ minutes or until tender. Drain and refresh in iced water. Peel, discarding skins. Place bread on a baking tray lined with baking paper and rub with 2 tbs oil. Bake for 5 minutes or until golden. Combine beans, tomato, snowpea tendrils, basil, lemon juice and remaining 2 tbs oil in a bowl. Add bread just before serving.
4. When ready to serve, remove chicken legs and place on a baking tray. Roast for 5-10 minutes to finish cooking, if required.
5. Carve the breast and place on a warm platter. When leg meat is ready arrange on the platter. Serve with salad.

**SERVES 4**

**PREP TIME  
30 mins**

**COOK TIME  
Approx  
2 hrs**

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