

Mushroom Stuffed Chicken

Ingredients: -

1.6kg/3lb chicken

1.6kg/31/21lb chicken

Virgin olive oil

For the Stuffing: -

25g/1oz - low fat spread

1 - small onion, finely chopped

175g/6oz - closed cup mushrooms, very finely chopped

1 - clove garlic, crushed

50g/2oz - jasmine rice, cooked and drained

grated rind and juice of ½ lime

NB: - The stuffing ingredients can be doubled to stuff a 4.5kg/10lb turkey

Method: -

Melt the butter and cook the onion and mushrooms for 3 minutes.

Stir in the garlic and cook for 30 seconds.

Turn into a mixing bowl with the lime rind and juice, rice and seasoning. Leave to cool.

Meanwhile, wipe the chicken all over with absorbent kitchen paper.

Then, beginning at the neck end, insert your hands very carefully between the skin and the breast



of the bird and ease the skin away from the breast slowly.

Use about $\frac{3}{4}$ of the stuffing to form an even layer between the skin and the flesh of the chicken.

Use the remainder to fill the neck end. Secure the neck flap with skewers or string.

Weigh the stuffed chicken and calculate the cooking time.

Brush the chicken lightly with oil and season.

Put into a roasting tin and bake in a preheated oven, 190°C/375°F/ gas mark 5, for 20 minutes per 450g/1lb, plus 20 minutes.

If the stuffing appears to be over-browning, cover the chicken with a sheet of wet greaseproof paper.