

Tefal®

TEFAL Opti-grilled Pinoy Butterflied Chicken



SERVING

4

INGREDIENTS

2 nos. 900g Spring Chicken, Butterflied Cut

CHICKEN MARINADE

1 tablespoon MAGGIE seasoning
3 tablespoons Tiger light soya sauce
1 teaspoon Kosher salt
1 teaspoon Fresh ground Black Peppercorn
8 clove Garlic, crushed
1½ tablespoon Chicken powder
7 nos. Lime juice (½ cup)
1 teaspoon sugar (TT)
2 tablespoons Windmill Gheeblend (add last)

INSTRUCTIONS

- 1 **Butterflied Chicken:** Butterfly the chicken: remove the backbone with poultry shears by cutting up one side of the backbone, then down the other side of the backbone. Flip the chicken skin side up, and flatten the breastbone by pressing down hard with the back of your hand. Fold the wing tips back under the wing to lock them in place.
- 2 **Mix the Chicken Marinades,** and rub chicken thoroughly with the marinades, and refrigerate for 6 to 8 hours or more. Just before grilling rub ghee over the whole chicken.



Recipe by Chef Lisa Leong

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- 3 Turn the TEFAL Optigrill on. Select the program and press heating mode. Lightly grease the cooking plates with some Ghee. Once the purple indicator light has stopped flashing, place the butterflied chicken on the grill and close the lid.
- 4 Cook until the indicator light has changed to RED. Then select Manual Mode, choose 220°C Temp. settings allows the chicken to grill on for further 5 to 6 minutes. DONE! Transfer the chicken to a cutting board.

Serve: Let the chicken rest for ten minutes, then cut into pieces and serve with Royal buttered fragrant rice.



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