

## **Moroccan Inspired Whole Roast Chicken**

This is based on a Jamie Oliver recipe that gave a whole new lift to roast chicken, its got a really yummy stuffing and great seasoning on the skin!

### **Stuffing:**

$\frac{3}{4}$  cup of couscous (cooked, I do it with chicken stock)

$\frac{1}{2}$  cup of dried fruit, I used dried mixed fruit, left over from Christmas. He suggests using all sorts of dried red fruit, but depends what you can get.

Zest of one lemon

### **Rub:**

1 teaspoon cardamom seeds

1 teaspoon fennel seeds

1 teaspoon cumin seeds

$\frac{1}{2}$  teaspoon turmeric

1 teaspoon rock salt

1 clove of garlic chopped

1 Lemon

1.5kg Chicken

Using a pestle & mortar grind the spices up (or a thermomix if you're luck enough to have one), squeeze a lemon over the chicken and then literally rub it onto the chicken breast, don't be afraid to rub fairly hard – as Jamie says you have to 'earn' flavour.

Spoon the stuffing into the cavity and 'seal it up with the rest of the lemon.

Stick it in the oven on 180C for about 1  $\frac{1}{2}$  hours, depending on the size of the chook...and I don't bother with gravy, why would you when you've got that rich, sweet stuffing, which also works well in a salad if there are any leftovers for lunch.

**Drink with Upper Reach's Reserve Chardonnay or Cabernet Sauvignon**