

Roasted Cornish hen, Ratatouille, Confit Tomatoes and Greek Basil

Recipe for 4



Description

A small chicken rubbed with rosemary, slow cooked on the grill. Served with a Mediterranean ratatouille enhanced with fresh basil.

Note

If you have left over ratatouille, it can be served cold as a salad!

Ingredients

Chicken

- 2 Unit(s) Cornish hen
- 2 Sprig(s) Rosemary
- Salt and pepper
- Olive oil

Confit tomatoes

- 30 Unit(s) Cherry tomatoes
- 2 Clove(s) Garlic
- 0.50 Unit(s) Onion
- 3 Sprig(s) Thyme
- Salt and pepper
- Olive oil

Ratatouille

- 0.50 Unit(s) Eggplant
- 1 Unit(s) Zucchini
- 1 Unit(s) Red pepper
- 1 Unit(s) Onion
- 4 Sprig(s) Greek basil
- Salt and pepper
- Olive oil

Preparation

- Preparation time **60 mins**
- Preheat your **barbecue** at **425 F°**

Chicken

With a chef knife, make an incision under the wishbone of the chicken (above the neck). The incision should go to about 2/3 of the length of the breast. Lay the chicken, breast upwards on a baking sheet. Rub with salt, pepper and chopped rosemary. Place on the grill on medium-low heat and cook for roughly 20 minutes, until your meat thermometer reads 72°C.

Preparation

Cut all the vegetables for the ratatouille into small and even cubes. Mince the garlic and onions for the confit tomatoes. Cut the cherry tomatoes in half. Mince the rosemary. Pluck the leaves from the fresh thyme.

Confit tomatoes

Combine all of the ingredients for the confit tomatoes on a sheet of aluminum foil and drizzle with olive oil, then close the package. Place on the grill for about 10 minutes. Season to taste before serving.

Ratatouille

In a pot or skillet, cook down all of the vegetables for the ratatouille with a drizzle of olive oil. Season to taste with salt and pepper and serve with the confit tomatoes.

Bon appétit!