

Shopping List

Spatchcock chicken:

1 whole chicken

Lemon dressing:

250g rapeseed oil

90g lemon juice

60g Chardonnay vinegar

16g caster sugar

12g salt

2g ground white pepper

6g lemon zest

6g garlic

1g thyme

500g new potatoes
½ bunch spring onions
Teaspoon Dijon mustard
1 large banana shallot
½ bunch flat leaf parsley
Salt and pepper

Asparagus:

1 bunch of asparagus

Salt

Vegetable oil

Burnt lemon:

2 lemons

Honey glaze:

150g honey

75g butter

Zest and juice of one lemon

½ bunch thyme leaves