



## BEET THE BLUES

*Eat well • Live better*

### SPATCHCOCK POUSSIN WITH WATERCRESS AND SUPER SALAD

*Serves 3-4*

#### INGREDIENTS

	<b>Poussin:</b>		<b>Salad:</b>
<b>2</b>	400g Spatchcock Poussin	<b>60g</b>	Blanched broccoli floret's
<b>40g</b>	Harissa paste	<b>40g</b>	Blanched peas
<b>40g</b>	Extra virgin rapeseed oil	<b>40g</b>	Shaved fennel
<b>1 bunch</b>	Watercress	<b>20g</b>	Pomegranate seeds
	Salt and pepper	<b>60g</b>	Blanched kale
		<b>50ml</b>	House dressing

#### METHOD

1. Mix harissa and rapeseed oil together and season as required.
2. Season Poussin and grill until nicely bar marked.
3. Brush with harissa mix and cook in an oven at 180 o/c for around 10mins or until cooked through.
4. In a bowl add the broccoli, shaved fennel, and blanched kale.
5. Mix together well, add pomegranate seeds and dress with house dressing.
6. Season to taste and arrange in serving pan.
7. Remove the Poussin from the oven and brush with a little more harissa mix.
8. Place on a board or plate with watercress, and serve with the super salad.

