

# Spatchcock Chicken - Crispy, Juicy & Naturally Gluten-Free

## Ingredients

1 whole chicken (about 3–4 lbs)

1–2 tablespoons olive oil

2–3 teaspoons [Sazón](#) seasoning (or seasoning blend of choice)

Salt and pepper

## Instructions

### 1 Preheat oven

Preheat oven to **400°F / 200°C**.

### 2 Remove the backbone

Place the chicken breast-side down.

Using kitchen shears, cut along both sides of the backbone and remove it.

Flip the chicken over.

### 3 Flatten the chicken

Press firmly on the breastbone until the chicken flattens.

This helps it cook evenly.

### 4 Season

Pat the chicken dry.

Rub lightly with olive oil.

Season generously with [Sazón](#), **salt, and pepper** (or your favorite seasoning blend).

### 5 Roast

Place chicken skin-side up on a baking sheet or roasting pan.

Bake for **45–55 minutes**, or until the thickest part of the meat reaches **165°F**.

### 6 Rest

Let the chicken rest for **10 minutes** before carving.