



STICKY SPICED POUSSIN WITH ASIAN INSPIRED SLAW

Ingredients cost: £8.48

Servings: 2

Prep Time: 15 minutes plus overnight marinating

Cook time: 25-30 minutes

Small birds are easy to cook on the barbecue, particularly if you spatchcock them so they lay flat and cook more evenly. These poussins are brushed with a sticky, five spice glaze and served with an Asian inspired slaw dressed with sesame and fish sauce. It's important to cook the poussins slowly, to make sure they're cooked all the way through.

FOR THE POUSSIN:

- 2 poussin
- 2 tbsp dark honey
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp five spice

METHOD:



1. Prepare the poussin by cutting down either side of the spine with kitchen shears. Remove it, turn the birds over and lay them out flat.

STICKY SPICED POUSSIN WITH ASIAN INSPIRED SLAW

FOR THE COLESLAW:

- ¼ small red cabbage, finely sliced
- ½ yellow pepper, finely sliced
- ½ small carrot, grated
- ¼ red onion, finely sliced
- Small handful coriander leaves, roughly chopped
- 1 red chilli, finely sliced
- Large pinch of sugar (or a tsp of honey)
- 1 tbsp fish sauce
- 2 tbsp rice vinegar
- 1 tbsp lime juice
- 1 tsp sesame oil

METHOD CONTINUED:



2. Combine the honey, soy, vinegar and five spice and mix well. Separate out half of the marinade and set aside. Pour the remaining half over the poussin. Rub well all over and refrigerate overnight if possible.
3. The next day, combine the vegetables, chilli and coriander in a bowl. Mix the sugar, fish sauce, rice vinegar, lime juice and sesame oil and pour over the vegetables. Set aside.

4. Set up one side of the Outback Jupiter BBQ for briquette cooking. To light, turn the burners on high for around 15 minutes until the briquettes start to turn ashen grey then turn off the burners. The briquettes will continue to burn. Replace the grill and allow to heat up.

5. Place the poussins, skin side up on the grill, close the lid and cook for 10 minutes before turning. Brush the poussins regularly with the remaining marinade and keep turning them once the skin starts to crisp up to ensure even cooking. Remove the poussins once they are crisp and slightly charred all over. Ensure the meat is fully cooked through before serving with the coleslaw.