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It may seem unnecessary at first, but learning how to truss a chicken is the key to the perfect roast - succulent, evenly cooked and beautifully golden every time! Follow our easy guide below to master this meal. [Click here for the full recipe](#)



FOWL PLAY

When prepping the chicken, you can also add butter. Combine $\frac{1}{4}$ - $\frac{1}{2}$ cup (60-125ml) soft butter with fresh herbs such as parsley, thyme and rosemary. Loosen skin at the bottom edge of breasts (just above cavity) and spread butter under the skin. As it roasts, the butter melts into the chicken.

WHAT YOU'LL NEED

Stuffing:

- 1 cup olive oil
- 1 packet (200g) PnP streaky bacon, chopped
- 1 medium (about 130g) orange sweet potato, cut into small cubes

- 1 onion, chopped
 - 4 cloves garlic, finely chopped
 - 3 sprigs fresh thyme, leaves chopped
 - Handful fresh parsley, chopped
 - 1½ cups (130g) breadcrumbs
 - Salt and milled pepper
 - 1 egg
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- 1 (about 1.3kg) whole free-range chicken, giblets removed
 - Butcher's twine

STEPS TO TRUSSING SUCCESS



STEP 1

Heat oil in a pan over medium heat and fry bacon until golden. Remove and set aside. Fry sweet potato cubes in same pan until just starting to caramelize. Add onion, garlic and herbs

and sauté for 5-8 minutes.



STEP 2

Tip in breadcrumbs and bacon, cook for a further 2 minutes. Season and cool slightly (about 8-10 minutes).



STEP 3

Mix in the egg, season chicken on the outside and inside and fill cavity with stuffing.



STEP 4

Place chicken breast-side up. Run kitchen string underneath base of wings and pull up through the wings.



STEP 5

Pull string towards the neck section (top of the chicken) and cross the string over.



STEP 6

Bring string down the sides, hooking in wing tips and threading under the drumsticks.



STEP 7
Loop string around the ends of the drumsticks twice.



STEP 8

Cross string over to secure with a knot.

THE FINISHING STEPS

- Rub skin with a glug of oil and season thoroughly with salt and pepper.
- Roast for 60-80 minutes at 180°C, basting regularly with juices.
- Serve with roasted veg, coriander and pan juices.

[Click here for more step-by-step tutorials.](#)