



Lemon Spatchcock Pheasant with Couscous Salad

Classic smoky game meat paired with a hearty Mediterranean-inspired salad

Serves: 2

Prepare: 40 Minutes

Cook: 1 Hour

Difficulty: Medium

Ingredients

600-900g [whole wild pheasant](#) (you'll find instructions online on how best to spatchcock the pheasant)

For The Marinade

- 100ml lemon juice
- 4 cloves of garlic, minced
- 2tsp mixed dried herbs
- 100ml olive oil
- 1tsp sea salt
- ½tsp freshly ground black pepper

For The Salad

- 200g couscous (dry weight)
- 250ml stock
- half a block of feta, cut into cubes
- a bunch of parsley, chopped
- 1 courgette, diced
- half a red pepper, diced
- half a yellow pepper, diced
- 12 cherry tomatoes
- 1 red onion, diced
- half a head of garlic, with the non-root end cut off
- 4tbsp olive oil plus 1 more to add to the garlic
- 1tbsp lemon juice
- salt & pepper

Method

1. Mix the marinade ingredients and pour over the pheasant, then leave to marinate for 30 minutes, or place the pheasant and marinade in a sealed bag in the fridge to marinate overnight
2. Heat the oven to 200°C/190°C fan/Gas mark 6, or fire up the BBQ
3. Add the salt and pepper and cook the pheasant for about 30-35 minutes or until cooked through. The internal temperature of the breast should reach 63°C
4. Meanwhile, toss the peppers, courgette, tomatoes, garlic and onion in 4tbsp of olive oil. Add salt & pepper and roast for 15 minutes
5. Pour 1tbsp of olive oil onto the garlic and roast for a further 10-15 minutes
6. Make up the couscous by adding the hot stock, covering and leaving to sit for about 10 minutes until all the water has been absorbed and the couscous is soft
7. Fluff it up with a fork
8. Add the lemon juice to the pan with the roasted vegetables. Squeeze out the garlic cloves, squash with a fork
9. Return to the roasting tray, then pour all the contents onto the couscous and combine
10. Add the feta, parsley and a little salt if needed
11. Serve the pheasant with the salad

